

# Eagle Feather NEWS

FREE

## The Kohkums are home for Christmas

From left Dalton Lightfoot, Mitchell Poundmaker, Cory Dallas Standing and Krystle Pederson bring the Rez Christmas story to a close with a four day run at the Broadway Theatre.

(Photo by Sweetmoon Photography)



### INSIDE



#### WALKING THE TALK

Residential school survivor Eugene Arcand has high praise for the Frances Morrison Central Library in Saskatoon. - Page 3



#### RAPPING THE ISSUES

Beary D's music is touching some nerves, dealing with some of the tough issues of the day. - Page 12



#### ONE LAST TOUR

Curtis Peeteetuce is leaving his role as artistic director of GTNT but he's enjoying one more fling with the Kohkums. - Page 14



#### SHE'S A FIGHTER

Shana Pasapa is doing her best to help women find the power to look after themselves in tough situations. - Page 21



#### SHE'S A PRINCESS

Stephanie Bellegarde has been crowned FSIN princess in the pageant's 70th anniversary year. - Page 27

*Newsmaker of the Year Edition*

Coming In January -2017 Preview Issue

CPMA #40027204

## Popular Christmas show has been around since 2001

By John Lagimodiere  
Of Eagle Feather News

SASKATOON – The Kohkums from Kitweenook, from the holiday fan favourite Rez Christmas, hit the big time this year.

No, they didn't find the world's biggest Wal-Mart. The feisty old ladies are actually taking over the 400 seat Broadway Theatre for the final four nights of their

most successful tour season ever.

The Christmas Kohkoms were originally created by Curtis Peeteetuce in 2001 for the Circle of Voices program. It began a holiday tradition for the company with many of the actors returning to reprise their roles yearly for the Gordon Tootosis Nikaniwin Theatre (GTNT).

• Continued on Page 14

# PotashCorp brings Christmas cheer to Sask. food banks

By John Lagimodiere  
Of Eagle Feather News

**SASKATOON** – Just in time for Christmas, PotashCorp has announced a half million dollar matching gift for Food Banks of Saskatchewan.

The economic slowdown in Saskatchewan has hit the poor the hardest and more people are being added to the rolls daily. This situation has put stress on the food security system and the food banks are struggling.

“The holidays can be a challenging time for many families and individuals in our community who are already struggling. 21,000 people a month go through our doors, and it has stretched our resources at the food bank. Almost half of those visits are children,” said Laurie O’Connor, Executive Director at the Saskatoon Food Bank & Learning Centre at the announcement of the gift.

PotashCorp provided their support to food banks across Saskatchewan for a seventh straight year with their matching gift campaign. Between now and Dec. 31, PotashCorp will match the first \$500,000 in cash donations to Saskatchewan food banks.

“Food security is a key part of our mandate as a company. We try to help feed the world. And we have to help feed the people in our own home towns and communities,” said Wayne Brownlee, Executive Vice President, Treasurer and Chief Financial Officer of PotashCorp.

“Saskatchewan is our home and it makes a big difference. Our employees rally to this cause and anything we can do to help we are more than pleased to do so. It is the season of giving,” he said.

“PotashCorp’s matching donation campaign has placed us in a much better position to meet this demand.



**Wayne Brownlee, Executive Vice President, Treasurer and Chief Financial Officer of PotashCorp and Laurie O’Connor, Executive Director at the Saskatoon Food Bank & Learning Centre say that many people’s food security is threatened by the high demand at the food banks. PotashCorp is matching individual donations up to \$500,000 for food banks across Saskatchewan.**

(Photo by John Lagimodiere)

We simply could not do what we do without this incredible support,” O’Connor continued.

“With our community’s donations matched dollar for dollar by PotashCorp, our organization can continue to provide emergency nutrition during these trying

times, and offer hope to those who need it the most.”

If you want to donate items to the food bank, please consider supplying high demand items like hearty soups and stews, canned protein, canned fruit and vegetables and infant formula.



*Wanuskewin*  
Heritage Park

*Seasonal Store*

704 BROADWAY AVE

SHOP ONLINE  
WWW.WANUSKEWIN.COM



# Reading for Reconciliation

By John Lagimodiere  
Of Eagle Feather News

SASKATOON – A section of the Frances Morrison Central Library in Saskatoon has been dedicated to reconciliation.

The section is packed with books by Indigenous authors and others with topics ranging from fiction to poetry, to history and residential schools. In a prominent location in the front of the library, a box wrapped in red cloth is in a window display that can be seen from inside and out. A ceremonial smudge and prayer from Elders Walter and Maria Linklater helped launch the official opening.

“As an active member of Reconciliation Saskatoon, the Library has firmly committed to answering many of the Truth and Reconciliation Commission’s Calls to Action. Our work in is intended to bring all members of our community together as we acknowledge the past and move forward toward reconciliation to

*“Status quo can’t prevail. And the Library is walking the talk.”*

– Eugene Arcand

promote healing and ultimately make our city, province and country stronger,” said Carol Cooley CEO and Director of Libraries for Saskatoon Public Library.

“Today we fulfill a promise we made to residential school survivor Eugene Arcand, to create a space dedicated to reconciliation in the library”

The reading section came about from a gift and request from Eugene Arcand. Arcand was presented with five complete sets of the Truth and Reconciliation Commissions report and Calls to Action and books. So far, Arcand has donated boxes to SaskPolytechnic, the Greater Saskatoon Catholic School Board and the Saskatoon Public School Board. He donated this box to the library because of the important role they play in public education.

“This is precedent setting in this province,” said Arcand of the Read for Reconciliation section.

“The residential school story will be told by them. Bearing witness to this



**Eugene Arcand and the Truth and Reconciliation bundle he donated to the Saskatoon Public Library.**

(Photo by John Lagimodiere)

kind of a legacy is about building public education and understanding. Status quo can’t prevail. And the Library is walking the talk.”

The Saskatoon Library has embraced reconciliation. They are partners in Reconciliation Saskatoon, all of their employees have been through Aboriginal awareness seminars and they have recently named the Stonebridge outlet the Round Prairie Branch in honour of Métis people who lived in that area since the 1860s .

Mayor Charlie Clark was on hand for the dedication.

“There is a grassroots discussion to help us come to terms with the failure of society with the residential schools. Credit to the Library to take this space for learning and reflection in a safe space,” said Clark.

“My hope is that Saskatoon is the place that is learning and growing and building a community based on reconciliation. This is an important time for our city. We can feel proud and hopeful for years to come.”

To officially open the section, Arcand invited his fellow residential school survivors Harry Lafond, Kelly Bitternose, Walter Linklater and Maria Linklater from the audience to join him in cutting the birch bark.

“I never thought in my life we would deal with the residential schools. But this reading section is a call to action,” said Arcand.

“The best part of this opening was having my fellow survivors here. Little things mean a lot.”

The Read for Reconciliation space holds SPL’s growing collection of Indigenous literature and will host programming focused on healing, truth and reconciliation in Saskatoon. SPL’s Read for Reconciliation booklist is available at [www.saskatoonlibrary.ca/reconciliation](http://www.saskatoonlibrary.ca/reconciliation).



# Standing Rock the big story of 2016

Suffice to say, 2016 was a very difficult year. Just read the news. Often, when we consider our news maker of the year, it is easy to get a couple of really good and positive stories into the mix for the voting. Unfortunately this year was quite the opposite.

The past year we faced was violent and dirty. The Eagle Feather News team narrowed down the stories to the school shooting in La Loche, the Husky oil spill on the North Saskatchewan River, the Colten Boushie shooting and the confrontation and violence at Standing Rock. None of these stories were fun to tell and there aren't any happy endings in any of them.

We didn't leave it up to us, though. We left it

to the readers and hands down they picked the Standing Rock protest and conflict as the news maker of the year for 2016. Even though it was an American story, the call to protect the water and support the Standing Rock community was strong.

The defenders of the water were going to make sure the Dakota Access Pipeline was not going to be built under a Missouri River reservoir near Standing Rock Sioux Reservation.

After witnessing the violence that the police force used on the protestors sparked outrage around the world, the cause and emotion spilled over into Canada with many people making the trip down to support the water protectors.

Even though many complained that the mainstream media ignored the

protest, there was never a lack of news coming out of the territory as live streaming and social media platforms carried a majority of the action.

People sent supplies and fundraised.

Eventually several thousand veterans showed up in support and stood between the protestors and police. To the jubilation of the camp of protestors that swelled to over 13,000

people at times, it was announced that the project will be put on hold.

Following that, the Veterans asked for and received forgiveness from the Dakota people because of the violence and broken Treaties that littered North America.

A massive blizzard has hit the camp and the community is now asking everyone to pack up and go home.

Some insist the fight isn't done yet and vow to remain vigilant. This story is far from over because in January, Donald Trump becomes President of the United States of America and he likes oil and coal.

Racism, oil and gas development and pipelines and violence in our communities are all realities that are going to be important issues to tackle in 2017. It is a staggering list but the harsh reality.

Financial resources are scant in the north and the recession has not made things any better.

Those issues tied to colonialism and residential school trauma led to incidents like the shooting in La Loche

or even the crisis in the north with young people taking their own lives.

Add in poverty and poor rural Indigenous and non-Indigenous relations and that spills over into the Colten Boushie shooting. This case will receive plenty of attention in 2017 when it hits the courts.

The province has yet to come to terms with the stinging racism that erupted online after Colten's passing. This story is tragic all around.

And just wait until next year when they start cutting ground for the replacement pipeline that is going to run through parts of Saskatchewan.

The chatter online has people talking protest already. This is going to be a difficult season since the deal is approved and it is all legal and above



**Publisher's Notes**

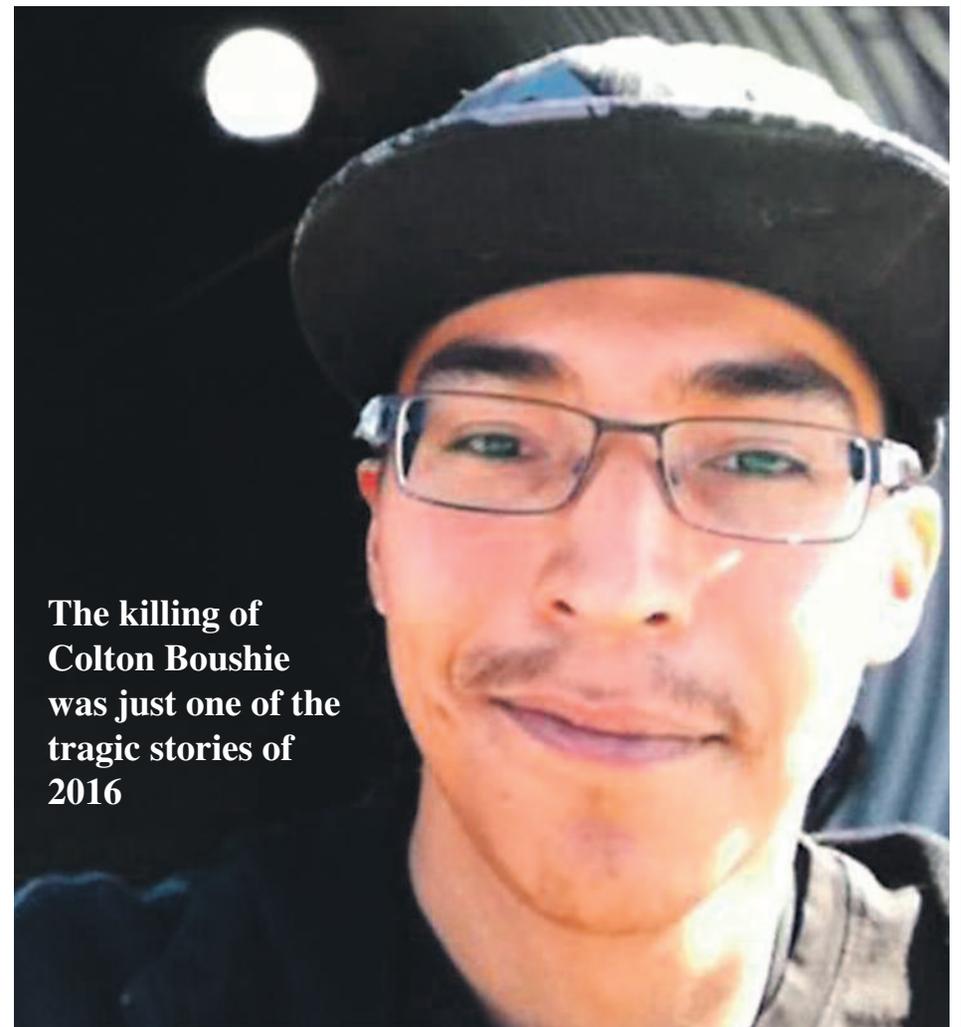
John Lagimodiere

board. Will that stop the protests? Not a chance.

That was a pretty heavy year and we hate to bum you out. Always remember that even though there have been tough times there is still lots of love and joy out there and ordinary people are doing extraordinary things every day in our communities.

So continue reading on. You will find much more uplifting news in the remaining pages of the paper.

Merry Christmas and Happy New Year to everyone and may you have safe travels and good tidings this holiday season.



**The killing of Colton Boushie was just one of the tragic stories of 2016**

**Eagle Feather NEWS**

Box 924 Saskatoon, Sk S7K 3M4  
306-978-8118, 1-866-323-NEWS (6397)

Publications Mail Agreement No.: 40027204

OSSN #1492-7497

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

Eagle Feather News is published monthly by ACS Aboriginal Consulting Services, P.O. Box 924 Saskatoon SK S7K 3M4. No part of this publication may be reproduced either in part or in whole without the express written permission of the publisher.

**Subscriptions: Annual Canadian subscription rate is \$25 per year, \$26.25 with GST. Bulk subscriptions are also available, call our office for details. Subscription requests can be mailed or emailed to our office. Forms are available on our website.**

Disclaimer: Eagle Feather News hereby expressly limits its liability resulting from any and all misprints, errors, and/or inaccuracies whatsoever in advertisements or editorial content to the refund of the specific advertisement payment and/or running of a corrected advertisement or editorial correction notice. Contributing authors agree to indemnify and protect the publishers from claims of action regarding plagiarism.

[eaglefeathernews.com](http://eaglefeathernews.com)

**This issue printed on: December 8, 2016**  
**Next issue to be printed on: January 12, 2017**

# Armed with peanut butter, I waged war against the mice

You know that sense of foreboding you get while driving down a dark Saskatchewan road that someone is in the car with you? In my case, it's pretty much accurate as I always have company – mice.

In late October, I realized that I had visitors when I was cleaning under the seat of my son's car seat and found one of his toys chewed to bits. For a second I thought maybe our kid was part dingo – but the mouse poop beside it made it clear. I had an infestation.

I worried about mice crawling on my son every day as I locked him into his car seat. But my mom says that's not realistic. She called upon her vast knowledge of child-rearing to assure me: "He's at the age where he can fight off a mouse."

I was skeptical.

"Really? That's on the child development charts? Eighteen months – able to fight off a small rodent? So what at 24 months – is he able to strangle a badger with his bare hands?"

Now, here the animal lovers who have extended their warm arms to rodents might want to look away.

I had no intention of ever allowing this animal to live in my vehicle or

anywhere else on this earth. I drove to town one weekend and bought traps in the garden section of Walmart. I set them with peanut butter (yup not my first time at the mouse rodeo) and left them overnight in my car.

The next day the peanut butter was gone but there was no carcass. My traps were duds and my mice had received a gourmet dinner.

So, I bought new traps. They also did not work. By day three, I was wondering if I should just sleep in my vehicle covered in peanut butter and armed with a hammer.

Fortunately one of my friends had battled mice the year before in his rental. He gave me some plastic traps that were guaranteed to do the job – the job here being bloody murder.

The traps worked. When I opened the door to my vehicle, I received a prairie Christmas present – a

dead mouse was in the trap. The other trap had peanut butter still in it – which told me that it was just one mouse. As I gingerly batted the trap out of the car with my ice

scraper on the ground for my boyfriend to later pick up (and complain about), I was smiling brighter than the sun's reflection off the snow. I was home free.

I paid for a de-mousing package at a Saskatoon detailer. It was expensive but how much would you pay to erase mouse urine from your life?

When I picked up my vehicle, I felt like a new woman. The car smelled clean, the carpets washed and sanitized, and I could sit down knowing that I was definitely not sitting in mouse poop. Life was a delicious rodent free cake.

Then last Sunday, I went out to the car to look for a baby bottle that had been left overnight. I opened the door, looked under the backseat and saw the bottle, minus the nipple which

had been chewed beyond recognition.

"I see," I said as I closed the door. I trudged back into the house, feeling as chewed up as the nipple.

For the next 12 hours, my life became a blur of setting traps, checking them, disposing of the mouse-body, resetting them, waiting and checking. We killed four mice that night.

I got desperate. My partner was looking over my shoulder while I was searching online. "You shopping for a new car?"

"My car has mice in it."

"Yeah but there's no guarantee they won't get in the new car."

"Then I'll just buy another one, and another one, and another one..."

When I opened the door to my car the next morning on my way to work, the peanut butter was sitting in the trap, uneaten. But I did not feel glee or even mild joy. For I will never be truly free from the mice, I know that now.

That weekend they sent me a dark message – we can enter your vehicle when ever we want. Wherever you go, we'll be there too.

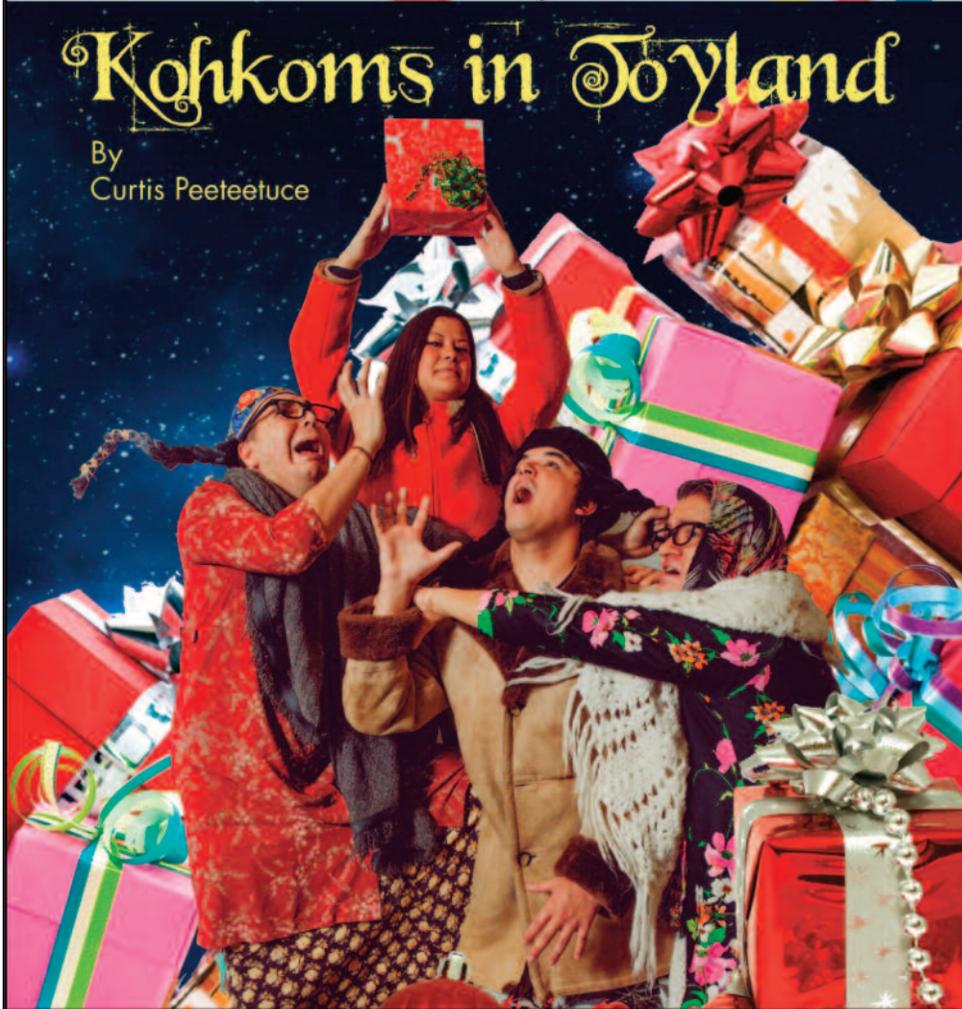
But on the bright side, at least I'll never get lonely.



**GORDON TOOTOOSIS NĪKĀNĪWIN THEATRE**  306.933.2262  
www.broadwaytheatre.ca  
www.gtnt.ca

## Kohkoms in Joyland

By Curtis Peeteetuce

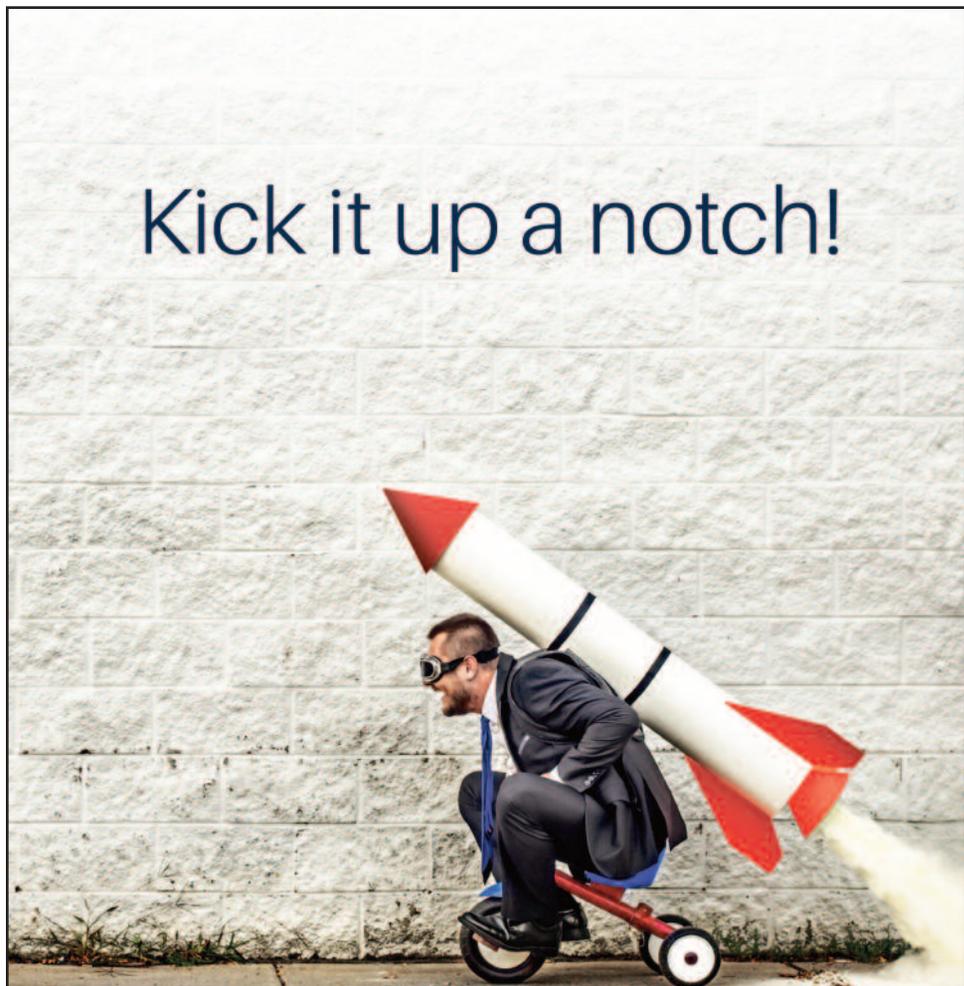


Dec 14-17  
Broadway Theatre  
715 Broadway Avenue  
Showtime 8:00 PM

Ask about our school rates  
Tickets: 306.652.6556  
General Admission \$15.00  
Student/Senior: \$13.00  
www.gtnt.ca

 Gtnt.ca  @GTNT.ca  @Gtnt.ca

## Kick it up a notch!



Want to establish or re-establish a good credit rating? Wishing you had some spare cash to start investing but haven't been able to set aside that extra little bit?

With our Kickstart Credit Builder, you can do it all! Talk to us to get started.



# Reconciliation Saskatoon grows

By Angela Hill  
For Eagle Feather News

**SASKATOON** – The bright yellow flag of Reconciliation Saskatoon is being raised outside buildings across the city.

It shows that more and more organizations are committing to the process of reconciliation in their workplaces and within their communities.

Reconciliation Saskatoon is a group of community organizations looking to build public awareness, education and engagement on reconciliation, said Rhett Sangster, director reconciliation and community partnerships for the Office of the Treaty Commissioner (OTC).

“We’re trying very much to be a diverse group, representative of all the voices in the community to talk about how we move forward and also to build relationships, to be reconciliation in action,” he said.

It grew out of the City of Saskatoon calling 2015 the Year of Reconciliation after the release of the Truth and Reconciliation Commissions’ (TRC) Calls to Action. The Reconciliation Saskatoon mandate is to create opportunities for education about history and encourage response to the Calls to Action, said Gilles Dorval, Director of Aboriginal Relations for the city.

By pulling in organizations from across the city they can work collaboratively and pool funding, “so we can do more with less,” said Dorval.

There are about 35 groups involved now, including tribal councils, the Indian Métis Friendship Centre, Central Urban Métis Federation Incorporated, Saskatoon Public Library, the OTC, health regions, the City, newcomer organizations, churches and others.

“So, it’s working with all people in the community regardless of their faith, ethnicity, and creating an understanding of the Indigenous People before and how we can work together to ensure that nobody gets left behind,” Dorval said.

“I really think we have an opportunity for change.”

Reconciliation Saskatoon started with a handful of organizations that would meet over lunch, but continues to grow, said Sangster.

The flag raisings outside buildings, including the most recent one outside the Greater Saskatoon Catholic Schools head office and one outside St. Paul’s Hospital, are just a small part of the activities Reconciliation Saskatoon are helping to organize.

Since the launch of Reconciliation Saskatoon, they have organized speaking series, Aboriginal Awareness Training to businesses, blanket exercises, conversations with survivors and the massive Rock Your Roots, Walk for Reconciliation that happened in the summer.

Recently the Saskatoon Public Library announced the name of the new branch to be opened in Stonebridge as Round Prairie. This was done in consultation with an elders’ advisory panel organized in partnerships with Reconciliation Saskatoon.

“The relationships that we’ve built have made each of these initiatives stronger and more representative of our community,” Sangster said.

The library also just opened a reconciliation reading room in their main branch, because education is the first step in committing to reconciliation, said Carol Cooley, director of libraries and CEO.



From left, Brad Bird of the Aboriginal Friendship Centres of Saskatchewan, Gilles Dorval representing the City of Saskatoon and Rhett Sangster of the Office of the Treaty Commissioner presented the Reconciliation flag at the Rock Your Roots, Walk for Reconciliation this summer.

(Photo by John Lagimodiere)

“Because of course reconciliation is not just an organizational responsibility, but a responsibility of each and every individual,” she said.

The passing of the library budget last week was another step in ensuring equitable service, Cooley said.

“We will be able to increase our hours of service in our core communities,” she said.

“To me that’s reconciliation in action.”

Cooley said Reconciliation Saskatoon is important now because there was public recognition that something needed to happen after the Calls to Action.

“I think it helps keep the momentum going,” she said.

The model started as a pilot in Saskatoon, said Sangster, but the mandate of the OTC is provincial. He said there have been discussions in Regina about what

Reconciliation Regina could look like and on Dec. 2, Sangster and Dorval met with interested stakeholders in Lloydminster.

“This is a movement that we’re looking to spread organically and allow people to take it on and be creative and build new relationships,” Sangster said.

The timing is right, because the TRC report woke people up a little bit, he added.

“I think there is a genuine interest in doing better, but there is also hesitancy, these are issues that are political and some people are a bit hesitant to get outside of their comfort zone.”

That’s where Reconciliation Saskatoon can play a role. They offer advice, can facilitate discussion and create a safe space to build trust and shared relationships, Dorval said.

“Find the we, instead of the us and them,” Sangster said.

## Sheri Benson

Member of Parliament // Saskatoon West

Wishing you  
the best of the season  
and throughout  
the coming year.

Talk

306-975-6555

sheri.benson@parl.gc.ca

Visit

904E 22nd St West  
Saskatoon, SK S7M 0S1

Be Social

t: @sheribenson  
f: sheribensonNDP



**Penner Oil Management and Staff  
would like to extend Holiday Greetings and  
wish everyone a prosperous New Year!**

*Proud to Serve*  
**First Nations communities**  
throughout Saskatchewan, Manitoba and Ontario

**Saskatchewan Enquiries**  
306-280-6558

**All Other Areas**  
1-800-665-4302

**Visit our website [www.penneroil.ca](http://www.penneroil.ca)**

# Confederation School program earns Indspire Award

By Julie Wriston  
Of Eagle Feather News

SASKATOON – The Nehiyawiwin Cree Language & Culture Program at Confederation Park Community School in Saskatoon was honoured recently with an Indspire Award at the Indspire National Gathering for Indigenous Education.

The award provides meaningful recognition to Confederation Park School for bringing Indigenous knowledge and teachings to students.

The Nehiyawiwin Cree Language & Culture Program began in 2005 through a partnership between the Central Urban Metis Federation Inc., the Saskatoon Tribal Council, and Saskatoon Public Schools. The program extends from pre-kindergarten through to grade five and offers bilingual and bi-cultural teachings that include Cree language, cultural protocols, and involvement in feasts, ceremonies, powwows and round dances. Approximately 85 per cent of the student population in the program are of First Nations or Métis heritage.

Wally Awasis has spent the last five years as the Cultural Teacher at the Nehiyawiwin program.

“Culture is embedded in language. Without language, kids miss out on the teachings of our culture – things get lost in translation.”

Awasis utilizes the Culture Room to

engage his students in a variety of ways. Tipi teachings are one form of learning that is useful not only to educate students about things like numbers and words, but also to instill values such as listening skills, respect, and hospitality.

“I teach the kids about staying present, that this is a skill. Good listening skills are a way to show respect,” he believes.

Drumming and dancing groups are another great tool for teaching language and culture.

“Using the same principle as nursery rhymes, singing helps kids learn language, and legends.”

It also helps to build confidence.

“We go around and do performances which helps build the kid’s self-esteem. Other schools really admire what we are doing.”

This year, Awasis suggests that “the reconciliation process is looking for ways to give culture back to Aboriginal people.”

He sees this as a good step forward for the “government to be more relaxed about releasing funds for programs like this.”

Looking forward, a big aspiration would be for Nehiyawiwin to have a school of its own.

“We are busting at the seams,” says Awasis. The program has continued to grow in size, extending to



Confederation Park Community School students displayed their cultural teachings at an assembly to celebrate the raising of the Treaty 6 flag in June. The Nehiyawiwin Cree Language & Culture Program at the school recently received an Indspire Award. (Photo by John Lagimodiere)

Grades 7 and 8 this year.

“Each year we add a new teacher, but we lack funding so we are stretching our reach to include the higher grades.”

Awasis believes that this program

is important to all schools.

“If you understand about us, you will appreciate us more. We need to train people how to do this in more schools. Although we have done a lot, we can do more.”

**Cameco - ranked Canada's most sustainable corporation**



## DECORATING THE TREE

Youngsters in Ms. Kristie Fedoruk's Grade 2 class at St. Mary's Wellness and Education Centre showed up at the Affinity Credit Union's St. Mary's branch in Saskatoon to help decorate the Christmas tree.

St. Mary's Wellness and Education Centre is a community school partner with Affinity Credit Union's Art for Life, a Remail Modern program operating in selected schools. This is St. Mary's first year of a three-year partnership. The museum offers enhanced visual arts experiences through workshops in the classrooms.

To commemorate the season, the Grade 2 class at St. Mary's School made sparkling foil decorations for display. After placing their special creations on the St. Mary's Affinity Credit Union seasonal tree, the youngsters enjoyed art making and a snack before heading back to their school.



Be yourself  
and soar with us

Your individuality is an asset

Be distinct. Be original. Be yourself.  
Recognize December as Universal Human Rights Month.

[fcc.ca/Careers](http://fcc.ca/Careers)



# AFN honours Downie's reconciliation efforts

By John Lagimodiere  
Of Eagle Feather News

**SASKATOON** – As Donnie Speidel sang an honour song and presented Gord Downie with an eagle feather, the Canadian rock legend broke down in tears and was visibly emotional.

Downie was honoured by the Assembly of First Nations for his work on reconciliation and the impact he has had around Canada by the release of *The Secret Path*, an animated film based on Downie's poems and music about a boy named Chaney Wenjack who ran away from residential school and didn't make it home. He passed away beside a railway line.

"Gord Downie is shining a light on the inequality experienced by indigenous peoples. Today, we lift up and honour Gord Downie, whose words and music have introduced millions of Canadians to the story of Chaney Wenjack, a young boy who has come to represent the thousands of children subjected to the Residential Schools system, just one of the many who was taken from his family never to see them again," said Assembly of First Nations National Chief Perry Bellegarde.

The solemn occasion was shown and shared widely on social media. "It will take 150 years, or seven generations, to heal the wound of the residential school, to become a country that can truly call ourselves Canada. It means we must become one," Downie said who was also given the name *Man Who Walks Among the Stars*.

"We must walk down a path of reconciliation from now on. Together and forever. This is the first day of forever. The greatest day of my life. The greatest day of all our lives."

Proceeds from the *Secret Path* album and graphic novel will be donated to the National Centre for Truth and Reconciliation at the University of Manitoba.



AFN National Chief Perry Bellegarde addresses the assembly as Valerie Galley holds Gord Downie's hand as he was honoured in front of Chiefs from across Canada.

(Photo by Shelley Mike Photography)



Donnie Speidel sang an honour song for Gord Downie and then tied an eagle feather onto his hat. (Photo by Shelley Mike Photography)

## Season's Greetings



## Traditional Métis Christmas and New Year's Celebrations

The Métis have long placed a great emphasis on maintaining strong relationships among families, extended families and communities, particularly when work was hard and the future uncertain. Nowhere were these bonds of kinship and friendship better renewed than during Christmas and New Year's celebrations.

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

For instance, at Batoche, in the 1880s and 1890s, from Christmas to Epiphany (January 6th), Métis families held ballroom dances by "oil light" (bals à l'huile). A Prince Albert newspaper reported in 1889 "at Batoche, during the holidays, balls are the order of the day. Two were held last night, one at Pilon's and the other at D(aniel) Charette's and youngsters had all the chances they wanted of shaking themselves up."<sup>1</sup> Métis Elders have recounted that families spent Christmas Eve by attending Midnight Mass, occasionally singing hymns in Cree or French, and then having a large supper and party known as réveillon.

However, most celebrating during the holiday season was reserved for New Year's Day. As one Batoche Elder told historian Diane Payment "On Christmas Eve, we went to Midnight Mass, and when we got home, we ate a little, drank some tea and went to bed. The presents were for New Year's Day."<sup>2</sup>

Early on the morning of Christmas Day, families traveled by horse and sleigh to loved ones' homes, and stayed until late in the evening. Prior to this gathering, mothers and daughters prepared food for days to ensure everyone would be well fed. A typical meal served at Christmas and New Year's included beignes (fried bannock), boulettes (meat balls), rubaboo (stew), chokecherries or saskatoon berries served with cream and sugar, puddings, pemmican, wild game, as well as tea, and home-made beer, or wine. Unlike the commercialism, which permeates our holiday season, traditional Métis Christmas celebrations were modest. One Elder recounts that "we did not have Christmas gifts, only candies, apples and pastry."<sup>3</sup>

While Christmas was a religious event for the Métis, New Year's was a grand social celebration. It was not uncommon for several households in

a community to hold a feast and dance on different nights so that people could visit and celebrate for many evenings in succession around New Year's Day. In the 1860s, at La Prairie Ronde, now known as Round Prairie, in what today is the area around Dundurn, Saskatchewan, a New Year's celebration lasted ten days! Manitoba Métis Elder Joe Venne had this to say about the Métis' festive spirit during the Christmas/New Year's holiday season: "When it came to the holidays, Christmas and New Year's, we used to go for two, three weeks at a time, dancing every night, partying every night. Other people didn't have that style."<sup>4</sup>

Children were an integral part of New Year's celebrations. On New Year's Eve, children received presents from their parents, usually small gifts of food. One Elder related that "On New Year's Eve children hung stockings at the foot of their bed and would wake up to find all sorts of treats."<sup>5</sup> After receiving their presents, on the morning of New Year's Day, children thanked and blessed their parents, and families hugged and kissed one another.

New Year's Day was usually held at the grandparents' home and was a special time for families as cousins, aunts, and uncles attended. It was an occasion for social drinking, and the eating of all sorts of food with people traveling from house to house, dining, dancing, and visiting. While visiting house-to-house, everybody would shake hands and kiss, a carry-over of French-Canadian tradition. As a result, some Métis called New Year's Day "ochetookeskaw" or "kissing day." Michif expert Norman Fleury says "La Bonn Aanii" is Michif for Happy New Year.

Adapted from "Traditional Métis Socialization and Entertainment"

by Todd Paquin, Darren R. Préfontaine, and Patrick Young ([www.metismuseum.ca](http://www.metismuseum.ca))

<sup>1</sup> Payment, Diane Paulette, "The Free People: Otipemisiwak". Batoche, Saskatchewan, 1870-1930. Ottawa: Minister of Supply services Canada, p.54.

<sup>2</sup> Ibid., p.55.

<sup>3</sup> Ibid.

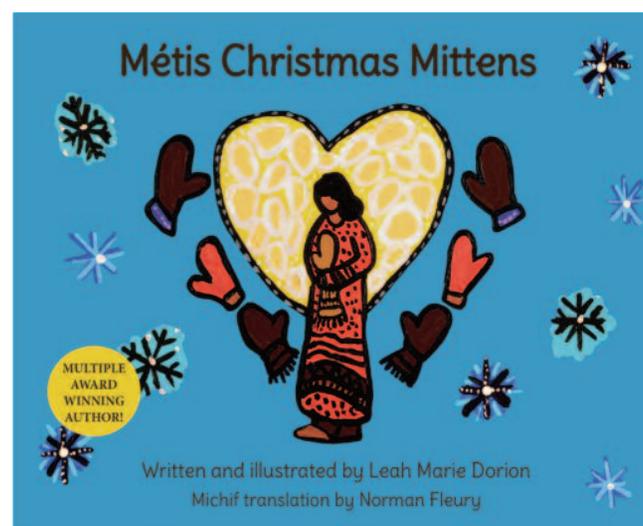
<sup>4</sup> Zelig, Ken and Victoria, Ste. Madeleine: Community Without a Town. Métis Elders in Interview. Winnipeg: Pemmican Publications, 1987, (Interview with Joe Venne), p.43.

<sup>5</sup> Payment, The Free People, p.55.



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

New children's book *Métis Christmas Mittens* from Leah Marie Dorion, now available!



The holiday season has always been a very special time for Métis families. A family-oriented people, the Métis often didn't have money to buy expensive presents, but instead made practical items with much love. In this spirit, award-winning author and illustrator, Leah Marie Dorion takes readers back to the Métis tradition of making mittens for loved ones. This touching ode to Métis family life is accompanied by Leah's distinctive and evocative art.

Order online at [www.shopmetis.ca!](http://www.shopmetis.ca)

# Federal gov't supplying cash for Canada 150 Fund

By Julie Wriston  
Of Eagle Feather News

**REGINA** – A new \$400,000 fund has been created to help foster a greater awareness and understanding of indigenous culture in Saskatchewan. Guided by the Truth and Reconciliation Commission's Calls to Action, the Canada 150 Fund will be used to build new and respectful relationships between Canada's Indigenous and non-Indigenous peoples through language, literature and arts engagement throughout 2017 and beyond.

The funding announcement was made on Nov.25 by Ralph Goodale, the federal Minister of Public Safety and Emergency Preparedness

"This funding will help celebrate the achievements of a broad cross-section of people in Saskatchewan and their invaluable contributions to Canadian nation building."

The announcement outlined a list of activities that will take place with fund support:

- Indigenous artist presentations to schools through LIVE Arts, in partnership with Saskatchewan Arts Board and Saskatchewan Ministry of Education;
- Design and delivery of Indigenous language workshops for youth in First Nations communities, in partnership with Saskatchewan In-

digenous Cultural Centre;

- A Métis culture and language gathering, in partnership with Gabriel Dumont Institute;
- Expansion of an Indigenous literary festival, in partnership with Saskatchewan Aboriginal Writers Circle Inc.;

- Creative workshops and community celebration, in partnership with Buffalo People Arts Institute; And a final cultural gathering to showcase activities and ensure a legacy, organized by SaskCulture. SaskCulture will be responsible for fund management and distribution.

"Canada's 150th anniversary serves as an opportunity for us all to reflect on this point in time, including the years leading up to it, and the changing relationships going forward," says Joanne McDonald, President, SaskCulture.

SaskCulture, a provincial non-profit cultural organization, together with expertise from various partners – Saskatchewan Indigenous Cultural Centre (SICC), Gabriel Dumont Institute (GDI), Saskatchewan Arts Board (SAB), Saskatchewan Aboriginal Writers Circle Inc. (SAWCI), and Buffalo People Arts Institute - will offer a range of accessible and participatory programming designed to build understanding and awareness of Saskatchewan's Indigenous peoples and celebrate a new relationship moving forward.



SaskCulture and their partners in this photo include representatives of some of the other groups that received Canada 150 funding including the Regina Folk Festival and the Yorkton Film Festival and others. (Photo courtesy SaskCulture)

SASKATCHEWAN INDIAN INSTITUTE OF TECHNOLOGIES

www.siiit.ca

15th Anniversary

"Training at SIIT put me on the path to owning my own business."

Shannon Burns  
Muskoday First Nation  
Red Seal Endorsed Welder  
Independent Contractor

BUSINESS & TECHNOLOGY | HEALTH & COMMUNITY STUDIES | TRADES & INDUSTRIAL | ADULT BASIC EDUCATION

# Rapper Beary D bites into the important issues

By Jamin Mike  
For Eagle Feather News

Beary D is a rapper on the rise. He brings the young life and all sorts of issues to light through the art of music. But with his devotion for rapping, he uses music as tool for stress relief and to announce his thoughts to the world.

Brennan Colby Daniels, 22, hails from the Muskeg Lake and Okanese First Nations but makes his home in Saskatoon. Since the age of 12, Daniels found that putting pen to paper and writing down lyrics was a passion of his. But in 2009 when Daniels was in high school, he began taking his rapping career to the next level.



Beary D's message is starting to be heard.

"It's an addiction and a reliever. I found another way out," he said.

Daniels was nicknamed "Bear" at birth. And throughout his younger life, he was into sports. He spent most of his life in the city, but was also moving back and forth from Regina as well. When he would play hockey, his friends would always call him Beary—thus making "Beary D" his stage name.

Daniels expressed that he couldn't have asked for a more supportive environment and family.

He wrote a song called Bridge City. The song heavily expresses the life of a youth living in Saskatoon. This was his first major recording and after the song had been published, it was a hit on social-media websites which started getting his name out to the public.

Daniels started creating more music, expressing different things. His newest recording, Standing Rock, is a song that takes the movement to another level of understanding.

Daniels shared that he believes that the protesters in Standing Rock are fighting for a good cause.

"I wrote this song to support the people fighting for clean water... it's a right and so is clean land," he explains.

The song is based on the protest involving hundreds of people who gathered in opposition of the Dakota Access Pipeline near the Standing Rock Sioux Reservation in North Dakota.

"I'm hoping this song will get people's attention. It is important that we get these messages out there."

One of his first gigs happened at the Sutherland Hall in Saskatoon in 2015. He opened up for an artist by the name of Preme from Thunder Bay, Ont.

"My feelings were very nerve wracking at the time, but went away once I performed," he said.

His first album is currently in planning. He works with DillyBat Productions, a production group based out of Saskatoon. Themes for his new album are to shed light on different issues Indigenous people are facing like pipeline protests, rising suicide rates in the north, and poor conditions on reserves around Canada.

"My focus is to bring people together with my music of all cultures by speaking on all issues." He plans on keeping up with his music and is excited to see where it will bring him. Family continues to stand by his side.

Season's Greetings  
Wishing you a safe Holiday Season  
and all the best in the New Year!

Asimakaniseekan Askiy Reserve  
202A Joseph Okemasis Drive, Saskatoon, 306-955-4550  
[www.sief.sk.ca](http://www.sief.sk.ca)

**SIEF**  
Saskatchewan Indian Equity Foundation Inc.

*free*  
to be part  
of a community,  
be yourself,  
and explore  
your creativity.

**RP** Regina  
**LC** Public  
Library

All you need is your library card | [reginalibrary.ca](http://reginalibrary.ca)

# Cumberland House leaders, students visit DAPL protest camp



Members of Cumberland House Cree Nation, including several students, had an opportunity to witness an historical event when they visited Standing Rock in November.

**By Tiffany Head  
For Eagle Feather News**

Driving into the camp, what they saw was surreal. There were countless flags from many nations on the outer edges of the camp as far as the eyes could see.

Members from the Cumberland House Cree Nation were in the Sacred Stones Camp to support the Dakota Access Pipeline Project (DAPL) protest on November 16.

Cory Cardinal, the Nisto Awasisak school principal, along with 10 students, three elders, Chief Lorne Stewart and Gerald Favel, President of Métis Society of Cumberland House, got a firsthand look at what was happening at Standing Rock.

Cardinal said this was an opportunity of a lifetime for his students. This was something they could experience, "instead of reading it in a book."

He stated that he was hesitant to go at first because of all the violence he saw on social media but he knew they had to go.

"It's about showing support for something that is near and dear to all of us, protecting our water resources," Cardinal said.

He talked about how when they got into the camp, there was a sign that stated the purpose of the camp.

"Absolutely no drugs or alcohol on you or in you, this is a camp of prayer and ceremony."

Cardinal said when he felt a real

sense of peace in the camp, but the front lines had a completely different feeling.

"Very different vibe, very negative vibe," he describes.

Cardinal told his students that what they saw there was what they talked about in history. The police and security were doing everything they could to provoke a response.

"The people here have given them absolutely nothing," Cardinal stating about how the protestors never responded to the police violence.

The members of CHCN were honored with an honor song and a flag song. Chief Lorne Stewart brought the CHCN flag to be raised with the rest of the flags.

"It was a special moment. They thanked us for coming to support them," Cardinal said.

Grade 12 student Peter Bear said that it was great that they got to go and was in awe by how many non-Aboriginal people that were present showing their support.

"It was my first time being there and it felt really good that they acknowledged us being there," Bear said.

Cardinal said it was tough when they had to leave because they felt very much at home on spiritual ground.

"Our heart definitely stayed there, we wanted to be there longer, it was such a beautiful place to be," Cardinal said.

**Saskatchewan Building Trades**

Season's Greetings  
and  
Happy New Year  
to you and your family

WORK WITH THE  
**PROS**  
C.O.D.C. CA

www.saskbuildingtrades.com

# Peeteetuce enjoys time with Mitchell Poundmaker on final tour with Kohkums

• Continued from Page One

This year is their 14th installment and it included a tour around Saskatchewan to over a dozen communities as far south as Nekaneet and as far north as Buffalo Narrows.

This tour is the last for creator Curtis Peeteetuce who ends his time at GTNT as Artistic Director in the New Year. And he loves the experience of the final run full of nostalgia.

“One of the blessings of this particular production is having Mitchell Poundmaker back as the original Sihkos. Mitchell and I were both there back stage donning our dresses and our tights and our bras and wigs and our purses over 15 years ago,” Peeteetuce recalls.

“It is really nice to come full circle and have Mitchell back with us. It is amazing I’m so blessed. Another is having Cory and Dalton back. They have done this three years now and then Krystle Pederson returned who has been so involved in the Christmas series ... having those four involved really brings back a lot of memories. We had a lot of fun on tour. That was another blessing and now we have the Broadway to look forward to,” said Peeteetuce.

This time around, Zula, Claire Bear and Sihkos find themselves searching a mysterious new toy store for the perfect gifts for their great grandchildren. Hijinks ensue, insults are hurled and the ladies go on an adventure that teaches them a message that stokes the Christmas spirit. And laughter ... lots of laughter.

“The best part of the show is the laughter and the fun. We have so much fun on stage and get to joke with each other,” said veteran actor Krystle Pederson who plays the trickster.

“It is great to bring joy to the community. The tour has been fun. It was nice to go back home to Buffalo Narrows. The communities have been really welcoming.”

And the communities love the show. The inside jokes, pop culture references and the Cree language, music and culture all combine for a delightful experience.

“We connect with the communities because we incorporate the Cree language. I love seeing the actors use the language. What our theatre does is give them back some sort of language retention,” added Peeteetuce.

“And I love watching people give an honest sincere laugh from the belly. We hear that every time we do the show. That is a gift right there.”

Pederson agrees about the importance of the language in the play, and also the importance of the messages.

“It feels good having so much Cree language in the show. It is nice to hear them laugh and get the jokes. It is also a challenge for us to make sure we get the Cree right,” said Pederson.

“The play gets me in the spirit. It reminds me to be with my family and not make it so much about presents but more about the family. The Kohkums are all about being together and supporting each other and making each other laugh no matter what the situation is.”

Even though it is Peeteetuce’s last play as the Artistic Director, don’t say goodbye to the Kohkoms quite yet.

“I am outgoing artistic director, so now the incoming director has some choices to make. I will always be here. I think our actors are always going to be here. We have over 25 alum performers who have done the Rez Christmas series,” said Peeteetuce of future shows.

“And we are all here standing by so if GTNT and the new Artistic Director want a brand new Christmas show, hey, they know where to get a hold of me.”

The play runs at the Broadway December 14 to 17th. For tickets call 306-652-6556.



Artistic Director and playwright Curtis Peeteetuce and actor Krystle Pederson share a quick moment in front of the touring van before the cast heads off for a gig in North Battleford. (Photo by John Lagimodiere)



**Season's Greetings**

**Indigenous Gaming Regulators**  
 400 - 203 Packham Avenue Saskatoon  
 Phone: 306-477-5700 Fax: 306-477-5704  
 Toll Free: 877-477-4114 Website: www.igr.ca

Indigenous Gaming Regulators

# Warm up with some Christmas gifts from the North

By Linda Mikolayenko for Eagle Feather News

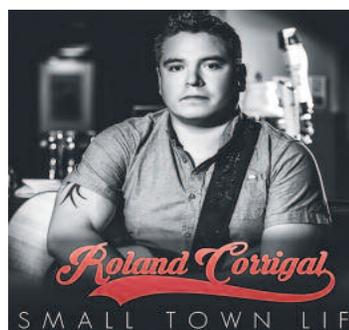
Music, books, movies – these are classic gifts for any occasion. This holiday season, you can delight family and friends with selections that have a northern Saskatchewan touch. Check out these suggestions for children, youth, and adults.

## Small Town Life by Roland Corrigan (\$10)

Roland Corrigan, from Air Ronge, released his first CD in November. Small Town Life consists of six original songs, with styles ranging from classic to modern.

“Social media reviews have been glowing,” says Corrigan. “I feel that it will open more opportunities as a Métis from northern Saskatchewan who is now recognized as a Canadian Country Recording Artist.”

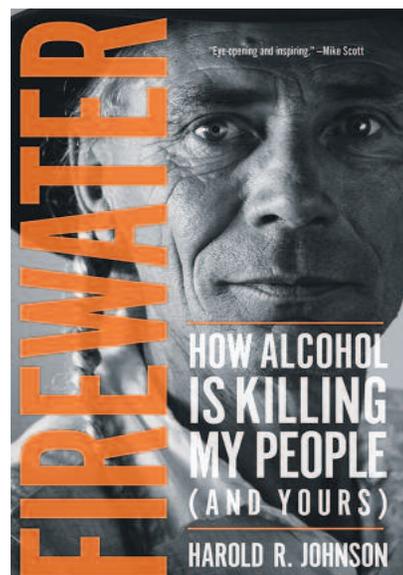
Corrigan was awarded 2016 Aboriginal Artist of the Year by the Saskatchewan Country Music Association. Small Town Life is available for purchase from rolandcorrigan.com or Amazon. For digital download and streaming options, check out Amazon, iTunes, Google Play and Spotify.



## Firewater: How Alcohol Is Killing My People (and Yours)

By Harold R. Johnson, University of Regina Press (\$16.95)

Harold R. Johnson of the Montreal Lake Cree Nation wanted to start a conversation when he wrote his latest book, Firewater: How Alcohol Is Killing My People (and Yours). After only being released this fall, it is a national bestseller, now in its third printing. It was a non-fiction finalist for the Governor General’s Literary Awards, which Johnson says was a huge surprise.



“I wrote in Firewater that alcohol was a subject nobody wants to talk about,” says Johnson. “I was wrong. It seems now is the time that people want to discuss it.”

You can find reviews, newspaper articles and radio interviews online and you can contribute to the conversation by picking up a copy of the book at most booksellers.

## When the Trees Crackle with Cold:

### A Cree Calendar p̄simwasinahikan

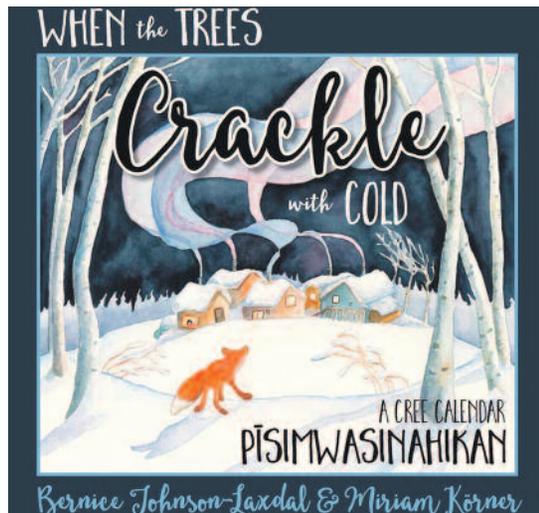
By Bernice Johnson-Laxdal and Miriam Körner, Your Nickel’s Worth Publishing (\$19.95)

Inspired by her childhood memories, Bernice Johnson-Laxdal collaborated with Miriam

Körner to create a picture book that brings to life the six seasons of the Cree calendar, divided into twelve moons which reflect the cycle of nature.

For Frost-Exploding Moon (December), the text reads: “When the trees crackle with cold, we stay close to home.

Kohkom tells us stories of times long past while we sew moosehide mittens for Christmas gifts.” Warmly illustrated with Körner’s watercolour paintings, the book is written in English, with some of the text in the y-dialect of the northern Plains Cree of the Île-à-la-Crosse area where Johnson-Laxdal grew up. The authors, who both live at Potato Lake near La Ronge, wanted to create a resource for northern schools and provide other readers with a glimpse into life in Northern Saskatchewan.



## Yellow Dog by Miriam Körne

Red Deer Press (\$14.95)

In her first young adult novel, Yellow Dog, Miriam Körner captures the spirit of times past, while creating an engaging contemporary story told from the point of view of a young boy, Jeremy.

Körner has been on many northern wilderness adventures. In her travels, she has

been privileged to hear Elders’ stories of what it was like when a dog team was the primary mode of winter transportation in northern Saskatchewan. These stories were a gift she felt she needed to share.

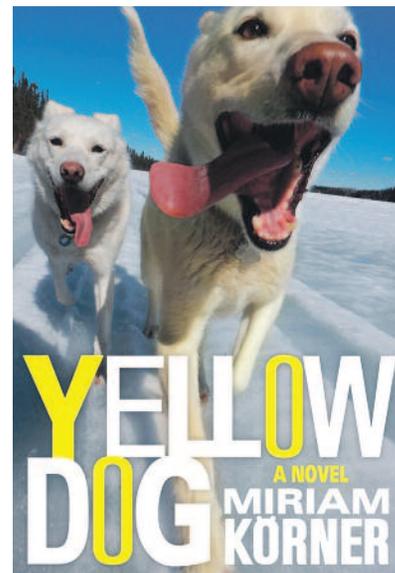
“One way I could do that was to give all these stories – all their memories – to the old man in the book,” says Körner.

Jeremy’s relationship with the old man leads him to his own adventure that includes Acimosis, the yellow dog.

## The Land of Rock and Gold

Directed by Daniel Redenbach and Janine Windolph (\$30 DVD Pre-order)

If you don’t mind waiting a while for delivery, you can give someone a DVD of a unique dramatic feature film. The Land of Rock and Gold has recently garnered acting awards for Charity Bradfield of La Ronge at the Red Nation Film Awards in Los Angeles and the Saskatchewan Independent Film Awards.



Filmed last winter in the La Ronge area, the movie has been screened at a number of film festivals, but now the creators want to distribute it theatrically across the country, and get the story out into the world. To do that, they need help, so have set up an Indiegogo campaign. Different levels of contribution will get you a range of perks –

from digital downloads and DVDs, to a beaded necklace and a secret recipe for bannock.

**ATHABASCA BASIN**  
DEVELOPMENT

We began as 7 northern communities working together towards a common goal. We now have ownership in 12 companies providing a wide variety of services.

As we grow, we look for opportunities to invest in the future of our shareholder communities; opportunities such as reliable dividends, donations, Northern tours, and active participation in local economic development.

We’re a proud aboriginal success story, and as we look forward, we’ll continue to grow, building a future through investment.

[athabascabasin.ca](http://athabascabasin.ca)

ADVERTORIAL

# Enoch Cree Nation Improves Housing by Taking Greater Accountability

For the Enoch Cree Nation near Edmonton, housing was once such an overwhelming and complex problem that the idea of making any kind of meaningful improvement seemed almost hopeless. But about 20 years ago, the Band decided it was time to tackle its housing challenges head-on.

Their first step was realizing that improving the Band's housing had to begin by taking greater accountability for the condition of their homes – both as a community, and as individuals. The second step was to create a proactive Housing Authority that could oversee all of the Nation's housing needs, from repairing or renovating their existing homes, to buying or building new ones.

**NOW, WITH THEIR NEW SYSTEM IN PLACE, ENOCH CREE NATION IS BETTER ABLE THAN EVER TO KEEP PACE WITH CHANGES IN THE DEMAND FOR HOUSING.**

“The Chief and Council, along with the Housing Authority, recognized that without an enforceable policy to establish roles and responsibilities of both occupants and the existing housing department we couldn't continue improving the level and quality of service provided to the occupants of the Enoch Cree Nation,” explains the Nation's Housing Manager, Connie Morin.

The Housing Authority was created in 1995. Over the next two decades, that first stone laid the foundation for a series of sweeping new policies and procedures, which helped build a whole new level of trust and accountability between the Authority and members of the community.

**Today, Enoch Cree is focusing on increasing the value of its homes, as well as creating more long-term budgets and planning.**

In 2004, for example, taking direction from the Chief and Council, the Housing Authority created a formal housing policy that outlined the standards for the Nation's housing, the procedures for allocating new homes, and the roles and responsibilities of both owners and renters. The policy was approved by the Enoch Cree members in a referendum that same year.

“Before these changes, the department was operating reactively rather than proactively to housing needs,” Morin says. “This process was frustrating for both community members and the department.”

Spelling out the responsibilities of both, the Housing Authority and residents more clearly helped to change the way people in the community think about the places they call home. “There's a stronger recognition that homes are important assets, and members look on occupancy as a privilege that comes with responsibilities,” Morin says.

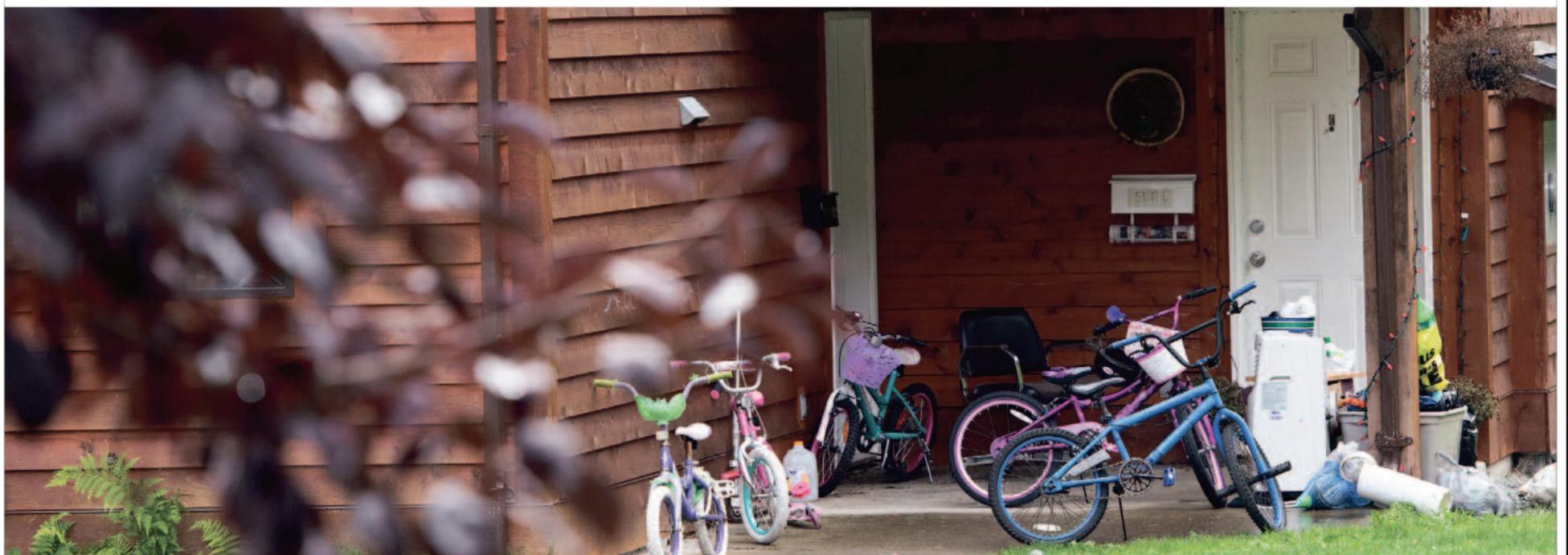
Today, Enoch Cree is focusing on increasing the value of its homes, as well as creating more long-term budgets and planning. To that end, the Housing Authority recently developed a financial and housing database that records

every repair, tenant history and equity in its homes. As Morin explains: “The lack of properly documented unit history, tracking methods and task management created an atmosphere of constant ‘crisis mode’ and inhibited progress.”

Now, with their new system in place, Enoch Cree Nation is better able than ever to keep pace with changes in the demand for housing. They can also use this new information to apply more easily for some of the housing programs offered by Canada Mortgage and Housing Corporation (CMHC), to continue to improve the quality of housing – and quality of life – for their members for the next 20 years, and beyond.



**Their first step was realizing that improving the Band's housing had to begin by taking greater accountability for the condition of their homes – both as a community, and as individuals.**





A full house at the FNPA 2nd Annual Energy Forum was welcomed by organizers. (Right) Chief Jim Leonard of the Rainy River First Nation in Ontario shared how his community leveraged financing of \$130 million to build a solar farm in his community. (Photos by Bill Stevenson)

## Huge interest in discussing renewable energy in Saskatchewan

By John Lagimodiere  
Of Eagle Feather News

SASKATOON – Renewable energy and engaging First Nations businesses in supplying it was the topic of the day at the First Nations Power Authority (FNPA) 2nd Annual Energy Forum on First Nation Renewable Energy in Saskatchewan.

A packed house at the conference led to walls being removed and tables added to accommodate the interested parties. Business and Indigenous leaders from across Canada came together to share best practices and to network with community economic development corporations and big business.

After an opening prayer from Elder Joe Quewezance and territorial greetings by Saskatoon Tribal Council Chief and FNPA board chair Felix Thomas, presenters from leading organizations shared their wisdom.

Trevor McLeod, the Director of the Centre for Natural Resources Policy at the Canada West Foundation talked about regulatory law and the current issues facing resource development. The Duty to Con-

sult and accommodate is going to have a big impact on development in the future and that future development must include First Nations he says. And he broke down the law to something simple. “Duty to Consult means we need to talk. So get out there and start talking,” said McLeod.

SaskPower has made a plan to increase the amount of renewable energy it buys into the grid and Tim Schuster, Director IPP and Development, Environment and Sustainable Development showed the amount of opportunities available. The developments could result in hundreds of millions dollars of economic development opportunity.

Many attendees came looking to find the secret to engaging and meeting First Nation development corporations. A panel, including Colin Asselstine of the Kluane Development Corporation (KCDC), Chief Jim Leonard of the Rainy River First Nation in Northern Ontario and Vickie Wetchie who is the General Manager of Green Arrow Corp, a business owned by the Montana First Nation in Alberta provided invaluable information on engage-

ment.

Vickie Wetchie from Green Arrow Corp who has solar panels powering houses in her community put it straight for when it comes to engaging the community.

“Consult early and consult often,” she said. “Do not walk in at the last minute of a project and expect a warm reception. You have to spend time getting to know our community.

“Get to know our leaders. Not just elected Chief and council, but our Elders and family heads. Come to our events like the bingo, even. And use simple jargon and imagery. If you drop a big technical manual on the desk, you lose us.”

Chief Jim Leonard had an amazing story of success. By acquiring two energy licenses to sell power to Ontario Hydro, he has transformed his community.

“We used those licenses to leverage over \$130 million in investments to our community to build a solar field,” said Chief Leonard. “Our people are trained in solar now and those skills are portable.”

The solar project they have pays the band back over \$3 million annually. And



Rainy River is an isolated community of just over 300 people.

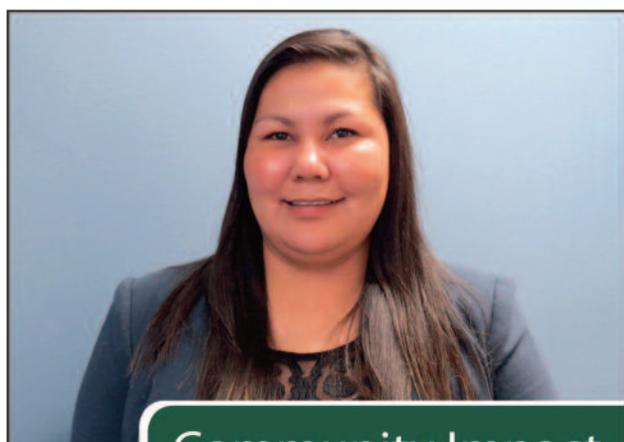
Companies like Suncor Energy, BluEarth and Lockheed Martin Energy also made presentations on their services and new technology available in the field.

The large turnout was a bit of a shock for the organizers, but they were happy to have to deal with it.

“We had well over 200 people attend including 30 or so walk ups,” said FNPA CEO Leah Nelson-Guay.

“I think this shows that the interest in the renewable market in Saskatchewan has never been higher. Thanks to our sponsors we were able to create this forum so interested people could get together and make those introductions.

“Hopefully those conversations lead to partnerships that increase First Nation participation in renewable energy.”



### Community Impact

“ My position at the City of Saskatoon provides me with the opportunity to work where my heart is; making a direct positive impact on the Aboriginal community through sport and recreation. ”

Alicia Worm-Littlewolfe, Aboriginal Program Coordinator



New job postings every Wednesday at [www.saskatoon.ca](http://www.saskatoon.ca)  
For more information contact Jodi at 306-975-2661.



2016 Energy Forum:  
First Nation Renewable Energy in Saskatchewan

The Pathway to  
Powerful Opportunities™

## Thank-you 2016 Forum Sponsors!

### Terawatt

Indigenous and Northern Affairs Canada

### Gigawatt & Venue

Berkshire Hathaway Energy Canada, Borden Ladner Gervais LLP, EDF EN Canada, Fengate Capital, McKercher LLP, MNP, RES Canada, Senvion, SFNEDN & Stantec Consulting Ltd.

### Megawatt

3G Energy, City of Saskatoon, Graham Industrial Services, Ministry of Economy, NextEra Energy Canada, SaskPolytechnic & Valard Construction

### Kilowatt

BluEarth Renewables, Bullfrog Power, Eagle Feather News, First Commercial Brokers, PFM Capital, Potentia Solar, Prairie Sky Consulting & SaskPower

### Friends of FNPA

EDI Environmental Dynamics, Fortis Mining Engineering & Manufacturing, RBC & Sunroof Solar

Visit FNPA: [www.fnpa.ca](http://www.fnpa.ca)

# Award winning RezX TV shows its community spirit

By Jeanelle Mandes  
Of Eagle Feather News

REGINA – Regina's own Indigenous television program, RezX TV, won the Canadian Cable Systems Alliance (CCSA) Tuned In Award in the category of best news program.

The winner of award chooses where to donate the \$1,000 cash prize and RezX TV decided to donate to a non-profit organization close to their heart.

Chris Ross, the executive producer for the television show RezX TV, said the win is a chance to donate to a charity of their choice and had asked their TV show provider, Access Communications, if they can donate the winnings to Soul's Harbour Rescue Mission.

"I really wanted to donate to something to help with our inner cities and the homeless and less fortunate. I feel a large proportion of people who are homeless are First Nations people. There's a soft spot in my heart for (those) living on the street," he says.

"It was a huge opportunity to donate to them to help out."

The donation is very welcome considering the festive season and the dire need in the community.

"We really appreciate Chris's involvement in the community and the support he is able to provide to us. We were very excited," says Patty

for the people in the community. That he and his crew and the people he works with feel it's important to contribute to us is a great feeling."

kitchen, a men's shelter, daycare and affordable housing suites in Regina. Once they receive the city's approval, they hope to start breaking ground in the spring.

"I encourage anybody to support our organizations that don't get help from the government," says Ross.

He explains RezX TV will continue to support Soul's Harbour Rescue Mission. The Season 3 Premiere date has not been finalized but Ross hopes it will be sometime in January. They will be accepting admission donations at the premiere screening and the money collected will be donated to Soul's Harbour Rescue Mission to continue their support.

Recently, RezX TV introduced a brand-new host, Tyler Tootosis to join the original host, Erin Goodpipe. Ross adds that Shaw Cable will be streaming the Indigenous TV show on Channel 10 where it will be available to communities throughout the province. The TV show expanded from a province-wide magazine.



RezX TV hosts Tyler Tootosis and Erin Goodpipe will now be seen across the province through Access Communications and Shaw Cable.

(Photo by Mike Dubois)

Humphreys, marketing manager of Soul's Harbour Rescue Mission.

"Chris is an activist and an advocate

The monetary donation will be going into the Samaritan project, which is a project that will have a new soup



## CREE BILINGUAL TEACHERS

Greater Saskatoon Catholic Schools is seeking qualified Cree speaking teachers. Successful candidates will be offered Permanent Full-Time Contracts for the kindergarten to grade eight Cree Bilingual program at St. Frances School.

There are also other opportunities in our core Cree language programming at the elementary and high school level.

Cree speaking teachers with a Class 'A' Teaching Certificate and knowledge of the "Y" Dialect are encouraged to submit an online application at: [www.applitrack.com/gscs/onlineapp](http://www.applitrack.com/gscs/onlineapp)

For more information, please contact:

Gord Laliberte, Assistant Manager - Human Resource Services  
Greater Saskatoon Catholic Schools  
420 - 22nd Street East, Saskatoon, SK S7K 1X3  
Phone: 306-659-7042 Email: [glaliberte@gscs.sk.ca](mailto:glaliberte@gscs.sk.ca)



## KEEPING DES NEDHE FLOWING

Des Nedhe means "great river" and, like a river, Des Nedhe Development is relentlessly moving forward for English River First Nation and its members.

We are celebrating the contributions of retiring Chief Executive Officer **Alfred Dawatsare** (right), who is returning to his home community of Patuanak.

Under Alfred's leadership, Des Nedhe expanded its business holdings, delivered benefits to our communities and created new opportunities for English River and its members.

Now, as **Gary Merasty** (left) takes on the responsibilities of CEO, we will continue building an enterprise that reflects the spirit, values and goals of English River First Nation.

DESNEDE.COM





**CORY KRAHNEBIL**  
*Sheet Metal Worker*

“THERE’S ALWAYS so much going on in the trade, and you get to work with your hands.... It teach[es]... valuable life skills. I am able to make repairs in my home if something breaks down.”

**DECEMBER 2016** [www.saskbuildingtrades.com](http://www.saskbuildingtrades.com)

“JOINING THE UNION was a great decision for me. The union provides top-notch education and a great benefits package. One of my favourite things about the union is the pension plan; we have one of the best pension plans.”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
<i>Christmas Day</i>	<i>Boxing Day</i>		<i>First Day of Winter</i>			<i>Christmas Eve</i>
						<i>New Year's Eve</i>

**When Cory Krahnebil goes for a drive, he can take a tour of the projects he has been involved with.**

Krahnebil is a sheet metal worker. As part of his job, he fabricates, assembles, installs and repairs sheet metal products and equipment, such as ducts, control boxes, drainpipes and furnace casings.

“I worked on the VIDO-InterVac (research institute) at the University of Saskatchewan and contributed to Health Sciences building additions, for example, and it’s nice to drive around Saskatoon and look at those buildings,” Krahnebil said. “When you finish up a project, you feel pretty proud.”

Growing up in Prince Albert, Krahnebil had a passion for cooking and wanted to be a chef. However, he found that pursuing this hobby as a full-time career made it less enjoyable. After high school, he started working alongside his brother in the sheet metal trade and knew this was the path for him.

“I loved that there’s always so much going on in the trade, and you get to work with your hands. You also meet some great people,” he said. “Unlike cooking, working with sheet metal is not exactly a hobby you’re going to develop. However, it does teach you some valuable life skills. I am able to make repairs in my home if something breaks down.”

During Krahnebil’s first two years in the trade, however, he was not a member of the union and struggled to find steady work bouncing back and forth between Prince Albert and Saskatoon.

“A couple of days after I started working for one company in Saskatoon, I got the flu and had to take a few days off. Once I got back, they kept telling me there was no work for me today because they were mad I had called in sick,” Krahnebil said. “I went back to Prince Albert and stayed with my mom. I ended up working at Walmart for about seven months.”

In 2009, he joined Sheet Metal Workers – Local 296, and since then, has been able to find steady and meaningful work. For the past four years, he has been working at Agrium’s Vanscoy potash mine.

“Joining the union was a great decision for me,” Krahnebil said. “The union provides top-notch education and a great benefits package. One of my favourite things about the union is the pension plan; we have one of the best pension plans.”

He jokes that probably the only benefit he got from working in a non-unionized workplace is that it led him to work at Walmart, where he met his future wife. The couple now lives in Saskatoon and just welcomed a baby girl into the world.

“When I’m not working, I really enjoy spending time with my family,” Krahnebil said. “I also like firing up the barbeque and working on vehicles. I’m also in the middle of starting up my own business. I’m trying to line things up.”



Sheet Metal Workers’  
International Association, Local 296  
1355 – 11<sup>th</sup> Avenue  
Regina, SK S4P 0G8  
Tel: (306) 757-5482  
Fax: (306) 347-0770  
lorne.andersen@local296.ca

NOVEMBER 2016												JANUARY 2017						
		1	2	3	4	5	1	2	3	4	5	6	7					
6	7	8	9	10	11	12	8	9	10	11	12	13	14					
13	14	15	16	17	18	19	15	16	17	18	19	20	21					
20	21	22	23	24	25	26	22	23	24	25	26	27	28					
27	28	29	30				29	30	31									



From left, Deputy Premier Don Morgan, Jim Cocoran, Lockheed Martin, William Faulk, Sikorsky Aircraft and SIIT President and CEO Riel Bellegarde.

(Photo by John Lagimodiere)

# Million dollar Sikorsky helicopter donated to SIIT

By John Lagimodiere  
Of Eagle Feather News

**SASKATOON** – Sikorsky, a Lockheed Martin company, has donated a retired from flight status Sikorsky S-76A twin-engine helicopter to the Saskatchewan Indian Institute of Technologies (SIIT) for training for their Aircraft Maintenance Engineering students.

Valued at \$1.3 million, the non-flying, twin-engine helicopter with associated equipment and documentation provides an important learning tool for students pursuing a career in aviation maintenance.

“The addition of the Sikorsky S-76 helicopter to our aircraft training fleet allows us to provide a greater hands-on experience to our students in a wide array of systems typical of modern helicopters,” said Riel Bellegarde, SIIT President and CEO.

“Our students will ultimately benefit in the workforce by gaining early first-hand knowledge of the inspection, maintenance, and repair of a fully rigged helicopter, including its electronic, mechanical, and hydraulic systems.”

SIIT students, First Nations elders, provincial politicians and representatives from local Saskatoon business attended the transfer ceremony at the Aviation Learning Centre.

During the ceremony, William Falk, Sikorsky’s director for the Maritime Helicopter Project, who leads the program team from Sikorsky’s headquarters in Stratford, Connecticut, urged students to embrace a life-long career in the exciting field of aviation engineering.

“I encourage students at the SIIT to think expansively about the knowledge they are acquiring when they learn to inspect and maintain a modern helicopter,” said Falk.

“This knowledge can then be taken to new heights – whether in Canada or internationally. This particular S-76A helicopter was previously maintained and operated with great care to carry thousands of passengers safely and reliably for almost 35 years.

“In its second life as a maintenance trainer, this same vessel can open up a world of opportunities for thousands of students.”

The S-76A helicopter was withdrawn from active flight status in 2015 after performing 26,291 hours in flight, and 16,723 landings since 1980. During its operational life, transport companies used the aircraft to ferry up to 12 workers at a time to offshore oil and gas rigs, among other utility roles.

Sikorsky converted the aircraft to a non-flying maintenance trainer in the United States. In August 2016, the trainer and support items arrived by truck at the Saskatchewan Aviation Learning Centre.

The maintenance trainer consists of a Sikorsky S-76A™ twin-engine helicopter recently retired from flight status, along with supporting hardware to keep the trainer functioning. This includes equipment to move and provide power to the trainer, and tablet-based electronic technical manuals that help students troubleshoot maintenance issues with interactive graphics. To ensure familiarization with the trainer package, Sikorsky also has provided training courses for SIIT instructors.



## Saskatoon Police Service

*Honour - Spirit - Vision*



### Never the Same Day Twice

Consider a career as a Saskatoon Police Constable. Attend an information session at police headquarters or register to write an entrance exam. Please refer to our website for a registration form, upcoming information sessions and testing dates.

The Saskatoon Police Service is an employment equity employer. We offer benefits such as group medical and dental, life insurance, pension plan, employee assistance program, career training, on-site fitness facilities and a starting salary of \$53,493 which increases to \$97,260 after five years. Please visit the Recruiting section of our website for further details.

[saskatoonpoliceservice.ca](http://saskatoonpoliceservice.ca)





## SASKATOON ABORIGINAL PROFESSIONALS ASSOCIATION

### Saskatoon Aboriginal Professionals Association invites you to our Annual General Meeting

Tuesday, January 17, 2017 at 6:00 PM

Saskatoon Club, Main Dining Room  
417 21st Street East Saskatoon

## SEASON'S GREETINGS!

Consider becoming a SAPA member  
\$30 membership fee

For more information email:  
[yxeapa@gmail.com](mailto:yxeapa@gmail.com)

Join us as we report on our  
2016 year of activity!

# Shana Pasapa fighting hard to give women more power in their lives

By Jeanelle Mandes  
Of Eagle Feather News

**REGINA** – Shana Pasapa started a business last January called Power Our Women (POW). It's a self-defence program for women and young girls, who want to power their defense, help instil confidence and attitude to women and girls.

"We expanded into offering a whole workshop. All the instructors are certified and have background in personal training," says Pasapa.

The business started off at The Aboriginal Youth Idea Challenge (AYIC) in Saskatoon, which is a program that helps potential entrepreneurs to make their ideas real by helping to formulate business plans and finding resources. The business took off last January as self-defence classes but has expanded into offering workshops including fitness, nutrition, goal setting, healthy living, positive choices, self-defence and bully management.

Pasapa offers self-defence classes in the basement of her home but her and her team travel throughout the province to provide classes and workshops to communities who inquire.

Pasapa, who is from White Bear First Nation but resides in Regina, believes it's a tool that all women should have to learn (and) what your body is capable of doing.

"It's a power that I've learned through martial arts and it has helped me to become a better person and a fighter but I feel like it's something that can be shared

with other women to reignite that power within ourselves," she explains.

"We need to bring more awareness to some of the issues that are going on right now and this is a good way to bring more awareness."

POW added a new seminar from striking and anti-abduction, which has been described as being very helpful.

"We help women and girls be aware of the situation of being abducted. Then we put them in reality training by simulating them in that situation. We give them the tools of different things they can do in those scenarios," she says.

The POW team show their participants different strategy tools that will help in crisis situations such as if somebody were to grab you from behind upon entering into a vehicle. The POW instructors show which direction to run and to be aware of things in your vehicle that may help. Pasapa says some people get emotional because they experience certain situations but feels a sense of relief when they are given an opportunity to defend themselves.

"I'm working with a girl right now who is scared to go out in public because of a situation she had before and (I'm) helping her to gain the confidence and to realize what she's capable of. To hear that she has a little bit of confidence to do those things is real rewarding," she adds.

Pasapa would love to see more women going into martial arts because it's something that she says, you



Entrepreneur and mixed martial artist Shana Pasapa is powering her way into the business world.

(Photo by Creeson Agecutay)

don't see often.

"If anyone sees me walking down the street, they wouldn't expect I can defend myself very well because I'm a shorter woman and I don't even look like I'm a fighter, I know I'm able to handle myself."

For those interested in signing up for self-defence classes and/or workshops, Pasapa can be reached at [powerourwomen@gmail.com](mailto:powerourwomen@gmail.com) or you can find her business on their Facebook page: Power Our Women.

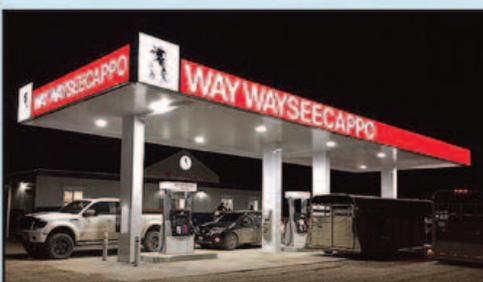
# CONGRATULATIONS

CHIEF MURRAY CLEARSKY,  
COUNCIL, STAFF AND THE COMMUNITY

ON THE GRAND OPENING FRIDAY, NOV. 18<sup>th</sup> 2016  
OF THE NEW WAYWAYSEECAPPO GAS BAR  
AND CONVENIENCE STORE



## WAYWAYSEECAPPO



ADVA  
Marketing and Consulting Inc.  
General Contractor  
204. 479-2070  
306. 752-4186



DOUBLE  
DIAMOND  
STRUCTURES

Construction of the Building  
[www.diamondstructures.ca](http://www.diamondstructures.ca)  
306.664-4466



# BUSINESS BRIEFS

## Something fishy in P.A. ... in a good way

**PRINCE ALBERT** – Northern Wild Fishery recently celebrated the Grand Opening of their Prince Albert retail location, making northern fish available to the public.

Owned and operated by Hatchet Lake Denesuline First Nation at Wollaston, Northern Wild Fishery offers lake trout, pickerel, pike and whitefish straight from the waters of Saskatchewan's North.

The fish is wild caught and blast frozen at lake-side to keep the fish fresh. The company uses sustainable fishing practices inspired by traditional knowledge to minimize environmental impact and provides employment opportunities and economic development for people in Hatchet Lake.

"We are very excited to be opening a retail location in Prince Albert," says Anne Robillard, CEO of Hatchet Lake Development LP.

"With the hard work and determination of a great many people, we officially opened the fish plant back home about a year ago, and the plant has created good jobs for people right in Hatchet Lake. Opening a location in Prince Albert for people to buy our fish directly is a great step in growing our business and we are thrilled to be opening."

"We are so pleased to be able to offer our top-quality fish to the public," says Ed Benoanie, General Manager of Northern Wild Fishery.

"Since our plant opened, we've been asked by so many people how they can buy our fish because it's local, it's sustainable, and it tastes great and is so good for you. Now people can buy our fish from the North without leaving the city!"

"This is a great day for Hatchet Lake," says Chief Bart Tsannie.

"This fish plant is an excellent business that has huge potential and provides a natural, quality product and jobs and economic development for our First Nation. We are extremely proud of our efforts in starting this business and getting to where we are today, and proud to bring our local fish to Prince Albert for everyone to enjoy."

The Prince Albert location can be found at 247 River St West, across from the train tracks on River Street.

## Numbers help make a plan

The Federation of Sovereign Indigenous Nations (FSIN) and the Saskatchewan Institute of The Conference Board of Canada signed a Memorandum of Understanding recently to work together on the 20th anniversary edition of Saskatchewan and Aboriginal Peoples in the 21st Century: Social, Economic and Political Changes and Challenges.

"The original report published 20-years ago forecasted an emerging First Nations population that would need to be prepared to take its rightful place in Saskatchewan's economy," said FSIN Chief Bobby Cameron.

"The anniversary edition of this report will provide an update on the progress made in preparing the young, vibrant First Nation population."

Roger Francis is the Director of the Saskatchewan Institute of the Conference Board of



**FSIN Chief Bobby Cameron and Roger Francis with the Conference Board of Canada signed an MOU to do a demographic study of the Aboriginal community in Saskatchewan.**

(Photo by John Lagimodiere)

Canada. He was also involved in helping fund the original report 20 years ago.

"I was at Cameco then and we were approached to help fund the project. We did it then because it was a no brainer," said Francis.

"Once completed, the 20th Anniversary edition will supply insights that strengthen policy across a wide range of education, employment, health, and economic development portfolios. Organizations throughout Saskatchewan will benefit from its publication."

Chief Cameron hopes the new demographic study will be a powerful tool for industry to plan for the future labour pool.

"This will signify to industry and employers that we are talking about investing so that every one of us will benefit in this economy together. More importantly it is about our children and grandchildren and

those yet unborn will survive and thrive and enjoy what we leave behind from this partnership."

## New name, same important mandate

**SASKATOON** – The Aboriginal Human Resource Council of Canada (AHRC) recently announced its new name, Indigenous Works, and expanded mandate to foster the development of Corporate-Indigenous partnerships.

Founded in 1998 in response to the Report of the Royal Commission on Aboriginal Peoples, AHRC was mandated with improving the inclusion and engagement of Indigenous people in the Canadian economy.

"For nearly 20 years, we have worked with companies and organizations to strengthen their performance and results in Indigenous employment, workplace engagement and inclusion. Partnerships are key to developing the right relationships and generating better results. Indigenous Works is uniquely positioned to address relationship building and respond to the growing need for stronger partnership development between Indigenous-owned enterprises and corporate Canada," says Kelly Lendsay, President and CEO of Indigenous Works.

"It is also timely given calls by the Truth and Reconciliation Commission and Government of Canada to renew relationships with Indigenous peoples for the betterment of Canadian society and our economy."

"We have always been recognized nationally for our leadership in workplace inclusion and facilitating stronger Indigenous inclusion strategies in Canadian corporations. Our new name reflects our expanded vision by helping partnerships between Canadian companies and Indigenous organizations work better," explained Lendsay.

*Every day that I come to work,  
I feel a sense of teamwork and  
collaboration to give the best care  
possible to the people we serve."*

- Caleigh, Registered Nurse

 HealthCareersInSask.ca



Whether you're a current health care employee looking for a new opportunity or a recent graduate, we can help you find a career in Saskatchewan's health care sector.

**Visit [HealthCareersInSask.ca](http://HealthCareersInSask.ca),  
create a profile and start applying today!**

# The annual Dirk Dashing Christmas Wish List for Men

John L.: Christmas is coming. So whether we want it or not, and whether we asked for it or not, Dirk Dashing is here to supply us with his annual Christmas Wish List for Men. Dirk, last year's wish list was a big hit. What have you got for us this year?

**Dirk:** John, I consulted with the huge members of Dirk Nation and before I could get their recommendations they had issues they wanted someone like me to raise in a rather public, newspaperly way. And they thought, "Hey, Dirk is a guy like Dirk, so let's get him."

John L.: The members of Dirk Nation. Gods, every one of them.

**Dirk:** First, and I'm a bit torn about this, but the Man Bun needs to go. On the one hand, Dirk Nation members feel it is not a proper symbol of male masculinity. It screams, "I, am a turkey lurkey." On the other, I feel it is a warning to the general public that, "I, am a turkey lurkey", so it kind of serves a purpose.

John L.: I'll have to pass this message on to our good friend, Mr. Warren Goulding.

**Dirk:** Second, Skinny Pants on dudes. They got to go. John, I

have a pair of skinny pants. Worn them once and damn near gave myself a vasectomy. Was talking high for three days. So now, when I see them being worn, I know that guy has no . um....stones.

John L.: So, does that mean ... you no longer have....

**Dirk:** It was a miraculous, John, and the lads and I have recovered. I'd show you, but this is a family newspaper and we don't need a repeat of the Helsinki incident.

John L.: Yes, let's never speak of the Helsinki incident.

**Dirk:** But that's not the point. The members of Dirk Nation feel they are doing the ladies a public service, so they will not waste their time when they see a turkey lurkey wearing them.

John L.: Alright, now can we return to the topic? What should our women be budgeting for us this Christmas?

**Dirk:** If your man is a fan of Star Wars then I got you covered.

Drones have been big these last couple of years and while they have become more and more sophisticated; the Millennium Falcon remains the ultimate gift.

Nothing ramps up the festive spirit like a hard piece of flying plastic ripping around the living room, taking an eye out here and there, while you are mouthing the music from the movie. Doov-Doov, duh-duh-duh-duh, daa-daa. Good times.

John L.: This appeared in last year's list as I recall, but I didn't get one. Here's hoping this year is my year. But what if that is too expensive. What is a loving woman to do?

**Dirk:** Then your man will absolutely love his very own Han Solo iPhone case, guaranteed to make him the envy of every corporate executive in Cupar.

John L.: That's great, Dirk. You cannot go wrong with Star Wars. I particularly like that episode where Captain Kirk had all those troubles with the Tribbles and the Klingons.

**Dirk:** .....um, right. Anyway,

let's say your man loves to barbecue. You can now get a personalized iron brand to burn a message onto your steak. But don't just go with his initials. Why not sear into your meat a pair of eyes ... y'know, two ample circles with a large dot in each center! Use your imagination.

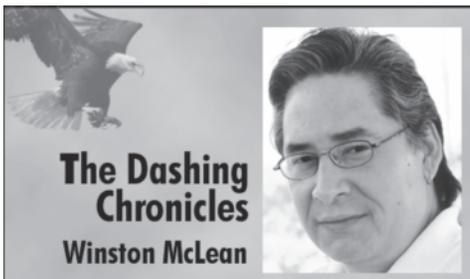
John L.: Interesting recommendations, Dirk. Any final suggestions?

**Dirk:** The ultimate, ultimate gift for men would have to be a virtual reality gaming system. But don't go for the cheap version that hooks up to your cell phone. Go hardcore. The depth and clarity is incredible.

John L.: I can see it now, nothing will ever get done around the house ever again. Once more, Mr. Dashing, you have outdone yourself.

**Dirk:** To be honest, John, I don't know why anyone listens to me. I looked at the wish lists of previous years and even I laughed at myself when I looked at what I said we wanted.

*Dirk says, You are stereotyping an elf that sings by calling him a wrapper!*



**Big Brothers Big Sisters of Saskatchewan**

The Saskatchewan Indigenous Mentoring Partnership is an initiative of Big Brothers Big Sisters of Saskatchewan. The initiative is looking to partner with the Aboriginal community to create meaningful programming that addresses the uniqueness of Aboriginal youth in Saskatchewan.

We engaged the community through conversation, stories and presentations. We reached out to local organizations and gathered input from as many sources as possible. From that we were able to determine the programming goals. They center around:

**EDUCATION • BELONGING • RESILIENCY  
COMMUNITY • RECONCILIATION**

**There are three ways you can help:**

- 1) Engage with us, regarding your thoughts on Aboriginal Mentorship
- 2) Become a community partner
- 3) Become a MENTOR!
  - Investing in our youth for the next 7 generations
  - Making a difference in the lives of First Nations & Metis youth
  - Creating kinship with youth who need it the most

**Connect with the community**



**Listen to each other**



**Learn about different cultures**



**Mentor Indigenous Youth**



www.saskbbbs.ca



306-244-8197 x.2-241



@bbbsaskatchewan



Julie Wriston says that Métis Nation-Saskatchewan needs new and inspired leadership to run for office in the Feb. 4 Métis Nation election. Perhaps the next Gabriel Dumont is waiting in the wings to make a big entrance. (Photo by John Lagimodiere)

## Time for brilliant Métis leaders to step forward and stand for election

**Opinion By Julie Wriston  
Of Eagle Feather News**

There has been a lot of election action happening all around us.

Last year marked significant change in Canadian Federal politics, the Saskatchewan municipal elections just finished up here at home, and it was all but impossible to ignore the U.S. federal election. It is understandable that everyone is feeling a touch of election burnout.

Here's the good news: we live in a time and place where we have the freedom to vote. On Feb. 4, 2017, Métis people in Saskatchewan have another election to consider, and it's one we need to face head on.

Setting aside the issues that have taken centre stage over the past few years, there is still a need for strong leadership. There is a tremendous amount of progress waiting to be made.

The Métis Nation – Saskatchewan is responsible for creating relationships to address Métis specific requirements in the areas of health, housing, economic development, justice and education. This requires forward thinking leaders, who possess a strong understanding of Métis culture and have a vision about how a healthy Métis population will contribute to the success of

the Saskatchewan landscape.

This is no small task. There is no question that there are very capable Métis people out there with the heart, passion and drive to build the type of reputation needed to make strong relationships that benefit the people they have been elected to serve.

This is call to those Métis people who feel that pull to serve. You are the ones that have been watching, you stay informed about what is taking place and aren't afraid to ask the hard questions. You are the ones that know there is a way to lead through the issues, and that there are tools out there that can work towards building a fair, stable, consistent voice that represents the interests of all Métis people in Saskatchewan.

Jan. 5, 2017 is the deadline to submit names for the positions of President, Vice President, and Secretary. There will also be elections for the position of Regional Director in all of the twelve Métis regions.

The opportunity is here once again to take action, whether that be by putting yourself in a position to lead, or by taking the time to understand the platforms of those that will, and get out to vote.

We have brilliant leaders among us. They need our support.

## Instructions to Candidates

**You must file your nomination papers with the Chief Electoral Officer or designate. This must be done between 9:00 am on December 31, 2016 and 2:00 pm on January 5, 2017. After you file your nomination papers, any person can look at them and take information.**



For more information about nominations and the Métis Nation - Saskatchewan 2017 Election visit:

[www.mnselection.ca](http://www.mnselection.ca)

**Election Day is February 4th, 2017**

# Coping with diabetes means making healthy choices

By Julie Wriston  
Of Eagle Feather News

There's a good chance that the vast majority of people in Saskatchewan are touched by diabetes in one way or another.

Whether it is through knowing someone who has it, through a family history or by living with it personally, it is an unfortunate reality that many of us face.

According to the Canadian Diabetes Association's 2016 Report on Diabetes in Saskatchewan, "Approximately 314,000 people in Saskatchewan, or about 29 per cent of its population, are living with diabetes or prediabetes." The cost of this statistic is a staggering \$98 million burden to the Saskatchewan health care system.

The report shines a spotlight on the fact that the Indigenous population in Saskatchewan is showing diabetes rates that are three to five times higher than that of the non-Indigenous population.

Many factors are identified in the report that contribute to this increase in the rates.

"Indigenous communities can face multiple barriers to effectively prevent and manage diabetes, such as higher prevalence of food insecurity, higher food prices, higher prevalence of risk factors related to type 2 diabetes, less

access to programs and services, lack of proper infrastructure and a wide range of social determinants of health such as low income, low level of education and inadequate housing."

Lyle Daniels has been living with a diagnosis of the most common form of Type 2 diabetes since 2008. With type 2 diabetes your pancreas does not produce enough insulin, or your body does not properly use the insulin it makes. As a result, glucose (sugar) builds up in your blood instead of being used for energy.

Daniels has found that committing to a healthy lifestyle goes a long way towards managing his diabetes, and in some cases corrects the damage that the disease can cause.

"Our attitudes about eating and activity have to change," he suggests. For Daniels, staying active in the form of running or walking up to five kilometers daily as well as staying away from sugars have made a significant difference in his blood sugar readings.

"I've had to re-learn how to think about food, finding alternatives to sugary drinks and reducing portion sizes to about one-third of what I used to eat. We don't need to eat nearly as much food in one sitting as we tend to."

He still enjoys the occasional treat, but he balances that with activity to help his body use up the extra calories rather

than converting it to sugar which is then difficult for his body to process.

He recalls vividly an encounter with a medical nurse who took the time to show him two vials of blood. The first vial was of a normal blood sample, with a normal blood sugar reading (between 3 and 7) nothing out of the ordinary. The second vial contained blood with a blood sugar reading of 10.

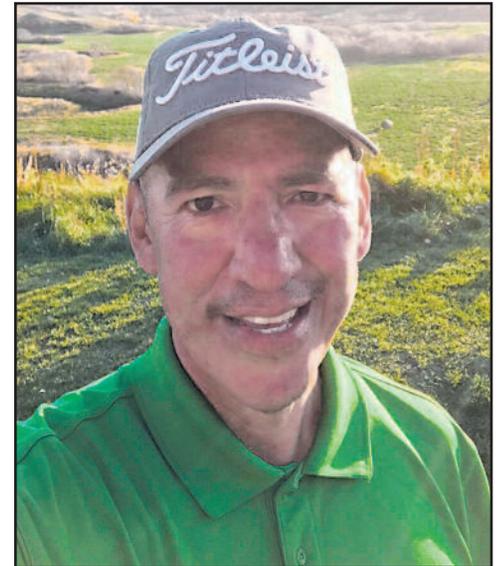
"It looked like maple syrup. It was a powerful visual about how much harder your heart would have to work to move this blood throughout your body."

This was a wakeup call for Daniels.

"We need to get information like this out to our communities. Visual tools are always the best in the community setting."

Prevention is high on the list of priorities according to Daniels. Telling people's stories and finding ways to relate to the Indigenous population will go a long way help educate about diabetes. The Canadian Diabetes Association (CDA) provides tools such as an information package titled Just the Basics.

It breaks down information about how to make healthy food choices and the importance of adding activity to your life. The resource can be found on the CDA's website and has been adapted into variations in Ojibwe, Plains Cree, Inuktitut and Inuinnaqtun to help Aboriginal



Lyle Daniels suggests eating less, eating better and staying active are keys for people dealing with diabetes.

people make healthy choices.

Daniels believes that he is proof that we have to "make the time to develop a better understanding of our bodies. If we do that, there is hope for a healthy lifestyle in our future."

His simple advice to those who are looking to avoid or better manage diabetes is, "eat less, eat better, stay active."

For more information about diabetes you can visit the Canadian Diabetes Association online at <http://www.diabetes.ca>

## Thank you

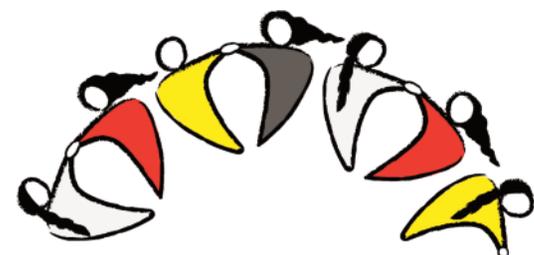


We are pleased to thank the Saskatoon Community Foundation for awarding us with their Signature Grant. Their financial support ensures children and families have free access to community literacy programs.

"READ's Family Literacy programs build community through the relationships developed between families. Our parents value learning from one another and these connections often continue after programs end. We are pleased the Saskatoon Community Foundation has given us the opportunity to create connections within our walls," Executive Director, Sheryl Harrow-Yurach.



**The National Indian Brotherhood Trust Fund  
is accepting applications for education programs  
aimed at healing and reconciliation**



**CONTINUING OUR JOURNEY  
NIB Trust Fund**

Applications are available to First Nation and Métis individuals, governments and organizations. Group applications are online.

**Deadline to apply: January 13, 2017 at 5:00 PM EST.**

Individual applications will be available in Spring 2017.

**For more information, please contact the National Indian Brotherhood Trust Fund directly.**

Toll-free: **1-888-268-0520** E-mail: **info@nibtrust.ca**

Website: **www.nibtrust.ca**

# Hockey moves a new generation of Daniels forward

By Angela Hill  
For Eagle Feather News

A young woman with ties to Mistawasis First Nation is using hockey to pave her way forward and inspiring others to dream big.

“I really wanted to use my opportunity of playing hockey to get an education,” said 21-year-old Sydney Daniels.

She has. Daniels is in her fourth year at Harvard and plans to go on to play for the first professional women’s hockey league in the United States.

While she is the daughter of NHLer Scott Daniels, playing hockey wasn’t a given for her or her sisters.

“My dad actually didn’t want any of us to play hockey,” Daniels said.

“But I begged him and begged him to teach me how to play and slowly broke him down into teaching me. I fell in love with it and it was such a great bond I have with him, learning from him.”

Daniels says she loves everything about the sport – the competition, relying on teammates to accomplish goals, the individual skills required, “and how one sport, a simple sport, can take you so far in your life.”

Harvard came for her hockey talent when Daniels was in Grade 10. She verbally accepted then went through an official application process in Grade 11. Fortunately for Daniels, while her father encouraged her practicing her shot, her mother encouraged good grades. In Grade 12, Daniels found out she was accepted.

That was four years ago and now in her final year, Daniels is excited for the future, but also wishes

“I could stay here forever.”

“There is so much diversity among the students and teachers and what you are learning” she said.

“Over the four years I’ve learned so much, but I’ve grown as a person even more.”

Daniels has been drafted to the National Women’s Hockey League, the first American women’s league to pay their players.

“I’m not ready to give up hockey yet,” she said and laughed.

And others are looking up to the example she is setting. Once or twice a year, Daniels travels to Mistawasis First Nation to visit her extended family. It started when she was young, but continues today.

Her relatives see the impact her visits have.

“I would go back and friends and family would (say) you’re a role model to these kids, you’re a role model,” she said.

“It took a while to kind of settle in and fully understand what that meant and the influence I could have on girls and kids around that are younger than me and look up to me.”

Daniels is modest when it comes to the title.

“Over the years, I’ve tried to embrace that role and it helps me ... because I try to be a better person for it,” she said.

Now when she plays tournaments in the community, kids tend to flock to her.

“I love taking the time to have the conversation with them to tell them to continue to work hard, keep your grades up, stay in school, things like that,” Daniels said.

“Anytime I get a chance to come back and interact with the youth, it’s one of my favourite things.”



Sydney Daniels is wrapping up her career at Harvard and is setting her sights on the professional ranks.



## CALL FOR PROPOSALS

The Government of Canada’s Homelessness Partnering Strategy (HPS) has granted Provincial Métis Housing Corporation additional funding for 2017-2018. The Provincial Métis Housing Corporation is the Community Entity that provides the administration for the Saskatchewan Non-Designated Aboriginal Funding Stream.

HPS funding under the Saskatchewan Non-Designated Funding Stream provides funding for projects throughout the Province however projects must be off-reserve and we will not fund projects based in Regina or Saskatoon.

This Request for Proposals will solicit applications specific to HPS to meet the needs of homeless and people at imminent risk of homelessness in the province of Saskatchewan.

The total amount of funding available for 2017-2018 is \$2,032,410.00 under the HPS Non-Designated Aboriginal Homelessness funding stream to fund projects until March 31, 2018.

**The closing date for receiving applications is January 6th, 2017 by 4:00 PM at the following address:**

Provincial Métis Housing Corp.

#37-901 1st Ave N, Saskatoon, SK, S7K 1Y4

E-mail: metishousing@sasktel.net Fax: 1(306)343-1700

For an application package or more information, contact:

Marcia Wolinski Email: metishousing@sasktel.net

Phone: (306) 343-8240 or toll free 1(844)396-7933

## APPEL DE PROPOSITIONS

Le gouvernement du Canada Stratégie des partenariats de lutte contre l’itinérance (SPLI) a accordé au Provincial Métis Housing Corporation des fonds supplémentaires pour 2017-2018. Provincial Métis Housing Corporation est l’entité communautaire qui fournit l’administration pour le volet de financement de lutte contre l’itinérance Autochtones SPLI non désignée.

Le financement de SPLI sous le volet d’itinérance chez les Autochtones fournit un financement de projets à travers la province de la Saskatchewan sauf les projets les villes de Regina et de Saskatoon et sur les réserves.

Cet appel de propositions sollicite des demandes spécifiques du SPLI pour répondre aux besoins des sans-abri et les personnes à risque imminent de l’itinérance dans la province de la Saskatchewan.

Le montant total des fonds disponibles pour 2017-2018 est 2,032,410.00\$ dans le cadre du volet de financement de lutte contre l’itinérance Autochtones SPLI non désignée pour financer des projets jusqu’au 31 mars 2018.

**La date limite de réception des demandes est le 6 janvier 2017 par 16h00 à l’adresse suivante:**

Provincial Métis Housing Corp.

#37-901 1st Ave N, Saskatoon, SK, S7K 1Y4

metishousing@sasktel.net

Pour un dossier de candidature ou plus d’informations, veuillez communiquer avec:

Marcia Wolinski Courriel: metishousing@sasktel.net

Téléphone: (306) 343-8240 ou sans frais 1-844-396-7933



In an emotional ceremony, Stephanie Bellegarde was crowned Miss FSIN at the Spirit of our Nation Powwow in Saskatoon. This year marks the 70th anniversary of the Princess Pageant. (Photo by Moe Morin)



Over 800 dancers attended the three day powwow at SaskTel Centre in Saskatoon. The theme was Honouring and Respecting our Women. (Photo by Moe Morin)

# Stephanie Bellegarde is named FSIN's 70th anniversary princess

By Julie Wriston  
Of Eagle Feather News

**SASKATOON** – This year marked the 70th anniversary of the Federation of Sovereign Indigenous Nations (FSIN) Powwow Princess Pageant.

The Pageant takes place during the FSIN annual Spirit of Our Nation Powwow. This year's event was well attended with close to 10,000 people visiting throughout the course of the weekend. This year, the theme of the event was Protecting, Honoring and Respecting our Women.

The Powwow Princess Pageant is always a crowd favorite. This year three contestants were judged based on an essay, an individual interview that includes their life goals, leadership qualities and their knowledge of the FSIN. They then get to strut their stuff showing off their skills in dance and regalia.

Congratulations to Stephanie Bellegarde who was crowned the new FSIN Powwow Princess this year. She attributes her success to the essay she wrote about the importance of culture and language. Bellegarde was surprised and humbled by the unexpected win.

"I've been told that I am a hidden leader, but I didn't have the confidence to think I could win. I was very happy to see that, when I did my speech, the crowd

agreed with what I said."

She is happy to be recognized as a role model and to share her stories with the youth.

"I have to take my time, as I am opening myself as well, I am very grateful for this opportunity."

The message she hopes to spread during her title year is, "Listen to our Elders and their stories. Learn your language and honour our traditions. It is what defines us as a sovereign Nation. It is what makes us who we are and it connects us to the mother earth and the grandfathers and grandmothers. I encourage the youth to honour them in a good way."

Along with the lifelong prestigious title, Bellegarde will be responsible for representing the FSIN across North America over the next year. No doubt she will be a wonderful role model to many.

Other highlights of the event included funds raised from a blanket dance hosted in support of Standing Rock and the visit from Miss Indian World, Danielle T'Sheena Finn, a member of the Standing Rock Sioux Nation.

For a complete list of the winners in the Singing and Dancing competitions, you can visit: <http://www.fsin.com/2016/11/23/another-successful-spirit-of-our-nations-powwow/>

**Happy Holidays!**

At AREVA, our employees are family. At our McClean Lake site we work and also find time to have fun with each other. We don't just produce uranium, we help bring electricity to communities around the world.

**Happy holidays from our family to yours.**

[arevaresources.ca](http://arevaresources.ca)



# SPIRIT OF OUR NATIONS CULTURAL CELEBRATION & POW WOW

Nov. 18-20, 2016 - SASKTEL CENTRE, SASKATOON SK.



## Thank you to the sponsors for helping make the 2016 pow wow another successful event.

### Presenting Sponsors



### Platinum Sponsors



**bhpbilliton**  
resourcing the future

### Gold Sponsors



### Silver Sponsors



### Bronze Sponsors



### Friend Sponsors

