

Eagle Feather NEWS

FREE

Sasakamoose scores Order of Canada medal

Fred Sasakamoose carried an Eagle Staff from Duck Lake to Saskatoon over four days to open the Truth and Reconciliation Commission National Gathering in 2012. Leadership like that has led Freddie to receive the order of Canada.

(Photo by John Lagimodiere)



**By Chelsea Laskowski
For Eagle Feather News**

Weeks ago, when Fred Sasakamoose found out he was becoming a member of the Order of Canada, he nearly hung up on the woman on the other end of the line.

At first, Sasakamoose thought the woman was trying to sell him something. Her attempts to explain the Order of Canada, an honour in “white society” that Sasakamoose was unfamiliar with, were made more confusing when she started speaking French.

After a few more phone calls, Sasakamoose says he came to understand that the Order of Canada is one of the highest honours in the country, which symbolizes “what it takes to give a portion of your life to your communities.”

Sasakamoose is known in Saskatchewan for promoting sports to Indigenous kids, and is best-known across Canada for being the first Aboriginal NHL player.

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IN THE RUNNING?

Chief Bobby Cameron has yet to announce whether or not he'll be seeking another terms as Chief of the FSIN. - Page 3



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GETTING IT RIGHT

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LEANNE'S A QC

Saskatoon lawyer Leanne Bellegarde has received the prestigious designation of Queen's Council. - Page 14



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This Prince Albert electrician has launched his own business and has switched on a successful venture. - Page 14

The Year in Preview Edition

Coming In February - Health & Wellness Issue

Being outspoken is a duty to youth, Sasakamoose believes

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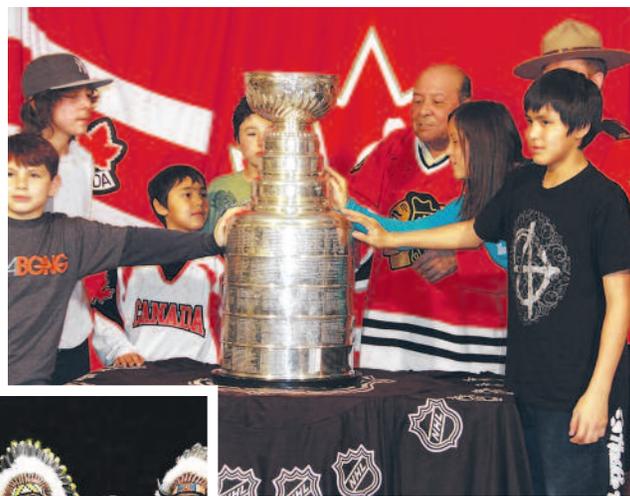
Nearly 63 years ago Sasakamoose played the first of his 11 games with the Chicago Blackhawks over two seasons. He knows his NHL career was brief before returning home to Ahtahkakoop Cree Nation, but his memories of that time are strong. He recalls that his self-described “red skin” didn’t make any difference on the ice.

“That’s where it started my life, not to think of yourself highly but to be able to participate, to (know) that you could play the same level of hockey (as others).”

Sasakamoose says as a St. Michael’s Indian Residential School student, he was given a second-level education. Sports, though, were a great equalizer and he says through hockey “I gained the closest relationship with all sports people, with people itself.”

Sheldon Wuttunee of Red Pheasant Cree Nation remembers Sasakamoose looking on as he learned to skate as a young boy at Sandy Lake. At the end of December, Wuttunee was among those to join Sasakamoose at Edmonton Oilers centre ice at a game against the Blackhawks. Sasakamoose dropped the

puck for the game after a special ceremony where it was announced that he is one of the 86 people across the



Above, Freddie shows his grandchildren the holy grail of hockey. Left, Freddie was honoured by the Edmonton Oilers in January where he dropped the ceremonial first puck at a game.

country to become a member of the Order of Canada.

Wuttunee, who is now president and CEO of Saskatchewan First Nations Natural Resource Centre of Excellence, says Sasakamoose

was a role model to him as he played hockey growing up.

“Even though I didn’t make the NHL I still gained some great opportunities through the game of hockey and now I guess the onus is on me to help give back and

support as well,” he says, because “that’s what our young people need nowadays to become successful.”

Sasakamoose recently asked higher-ups at the Oilers to donate 30 tickets for Ahtahkakoop youth to attend an Oilers and Colorado Avalanche game in early February.

The kids will do a morning skate while in the city, watch practice, and meet players like Connor McDavid, Sasakamoose says. He says at first, he was told his request was too great, but he insisted.

“A lot of times I feel like I’m a pain in the ass to a lot of people but it’s what it gives me to do,” he says.

At 84, Sasakamoose’s schedule is full. He travels all over Canada to speak to kids, including an upcoming trip to Moose Factory, Ontario to speak about the power of sports, and grants all interview requests that come his way.

He takes pains to represent his people with strength and to watch his language, but he does not want to hide his past mistakes.

“I think the role model of your life, sometimes a lot of people think you’re an angel, but you’re not,” he says.

He is so outspoken now, he says, because it’s his duty to let “our young people in the future, (know) they could do better than me ... to have somebody say ‘Well, you know, I want to be like Freddie. Well, Freddie was not the best, but he was the first, but also, I could do better.’”

Even for himself, Sasakamoose had wanted to get to the Olympics to play hockey. While that wasn’t in the cards for him, he says he hopes by pushing for people to give opportunities to young Indigenous people that he will make a change for the better.

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Political junkies certain to get their fix in 2018

By NC Raine
For Eagle Feather News

From shocking decisions by foreign governments, to major announcements from Saskatchewan's provincial government, 2017 was one of the more memorable, and sometimes alarming, political years in recent memory.

With 2017 now firmly in the rear-view, its time to turn our attention to some of the major political stories to watch for in Saskatchewan in 2018.

The province's first, and perhaps most significant political event of the year, comes on Jan. 27, as the Saskatchewan Party elects a new premier to replace the retiring Brad Wall, who served the party for ten years. The Sask. Party faces some daunting challenges after a budget that cut spending and increased taxes, and a \$1.2 billion deficit.



BRAD WALL



GORD WYANT



KEN CHEVELDAYOFF

Garcea says to look for the Sask. Party to lean towards a candidate who is best placed within the party to adopt a team approach rather than ruling by individual will. He also says that the new leader will have work to do with Indigenous leaders in the province.

"Whoever becomes leader and premier will have to think about what kind of relationship they believe the provincial government should have with the Abo-

iginal governments," he says.

"It will be interesting to see what position they take regarding our people," added Winston McLean, political columnist at Eagle Feather News, who says rebuilding the economy will be the new premier's biggest challenge.

"Will they take a more progressive view about getting us engaged in the economy and education system so we can all prosper together?"

Ken Cheveldayoff, Tina Beaudry-Mellor, Gord Wyant, Alanna Koch, and Scott Moe are the five candidates competing to replace Wall. With less than three weeks left in the leadership race, there are no clear-cut favourites to win.

The New Democrats in Saskatchewan will likewise have some new faces, as they elect a new leader on March 3.

The two leadership candidates, Trent Wotherspoon and Ryan Meili, have quite similar platforms, including calling for more protection for Crown corporations, a \$15 minimum wage, and the protection of local voices in health care.

"They are fairly evenly matched. I think each candidate has a constituency within the party that supports their particular vision and style," said Garcea.

"But the really interesting thing that has emerged is interim leader Nicole Sarauer ... and to what extent she will become a de facto leader even though she might not be the official leader."

Sarauer has maintained that she will not enter the leadership race, but Garcea believes she is a person to watch for the future of the NDP leadership.

In late July, the Métis Nation – Saskatchewan will hold a long awaited legislative assembly. It will be the first MNLA in three years.

Questions of leadership legitimacy have long plagued the MN-S, with such questions hampering the efficiency and effectiveness of government and their ability to provide services to members, says Garcea.

"One hopes that an assembly can be accomplished where the focus is on substantive issues rather than leadership legitimacy issues," he says.

"It will be interesting to see if they can have an assembly where they get on with the more important issues of the needs of their members."

Finally, in October, the Federation of Sovereign Indigenous Nations (FSIN) will elect a new Chief. No candidates have yet been announced, including if current Chief Bobby Cameron will seek re-election. But with treaty land obliga-

tion issues, education and suicide prevention initiatives carrying on into 2018, the future Chief will have his or her hands full working with the FSIN.

"The challenge is being relevant," said McLean. "For the last decade, especially under Harper when all the funding was cut, a lot of talent was lost.

"Now the question is becoming, can the (FSIN) make itself relevant and effective like it was in the '70s and '80s?"



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We need more community champions

There is little doubt that 2018 is going to be a year where leadership at all levels of the community will be so important.

The year will be challenging. Times are tough. Government has been cutting. Natural resources prices are low. Too many of our children are in care and poverty indicators are worsening.

And to top it off, before the end of January, the Gerald Stanley trial begins in Battleford. He is the man charged with second-degree murder in the August 2016 death of 22-year-old Colten Boushie, a member of the Red Pheasant First Nation, an event that polarized our province and exposed a lot of racism.

Big issues like these shine the spotlight on our high-profile political leaders. We will have a new premier by the time the trial starts and he or she will have to have a steady and pragmatic hand to take the reins in a tumultuous time.

Chief Bobby Cameron and the team at the Federation of Sovereign Indigenous Nations will also be looked at for leadership as these high-profile issues will be played out in the media. It's a hard part of their job and that's why we elect them. We turn to them at times like this. No pressure folks, but we really need the A Game from you all in 2018.

Our politicians can't do their jobs alone though. Whether you are an academic, a writer, a coach, welder or business owner we all have to chip in one way or another. Help out.

Willie Littlechild, who has served in a number of high-profile positions, including on the Truth and Reconciliation Commission and the Commission on First Nations and Métis People and Justice Reform, challenged us to be "Champions for Change". He knew the positive changes that are essential to improving the lives of Indigenous people were going to come from within. Perhaps, as a former Member of Parliament, he knew better than anyone that we can't wait for government to legislate change.

Community champions can help move agendas and build bridges sometimes better than politicians because the relationships and hard work have to happen at the grassroots and neighbor to neighbour level on a day to day basis.

I dig community champions.

Often overlooked in the big picture are folks in leadership like Janelle Thomas. Sometimes you don't see or read about them but Thomas is one of the unsung heroes who is playing a strong role in lifting up our community.

Janelle is a board member of the Saskatoon Mothers

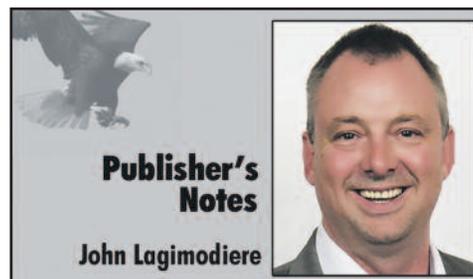
Centre at Station 20 West, a place that made a difference to her when she was a new mother. Our writer Andrea Ledding did a great article on Janelle and the Mothers Centre for our website.

Janelle was having a tough time after her first baby.

"I got the support I needed to be a healthier mother and to make better choices," said Thomas of the Centre that according to her offers breastfeeding support, sewing classes, cooking classes, book studies, and nonviolent communication parenting groups. They also supply food, a space for visiting and child and baby supplies.

stantially in the past two years.

Now they hustle for every dollar. Fundraisers, BBQs, fall suppers, selling items online and even a GoFundMe Page are on the agenda, turning every rock to find funds to keep the place running. Donations are coming in and the public has reacted well, but everyday is a struggle. And remember, most of these people are volunteers.



Publisher's Notes

John Lagimodiere



Janelle Thomas, seen here holding her son Kirion, has gone from being a client at the Mother's Centre to peer mentor and is now a member of the board of directors of the organization. The Centre is currently on a fundraising campaign so they can continue their important work supporting mothers and their new born babies.

(Photo by Andrea Ledding)

Because of the help she received from the Centre, Janelle wanted to return the favour. She became a peer mentor and hostess and then went on to become a member of the board of directors. And she and her fellow board members are having to work real hard. Right now, they too are victims of the economy and are struggling to keep the doors open after having had their budget cut sub-

stantially in the past two years. Now they hustle for every dollar. Fundraisers, BBQs, fall suppers, selling items online and even a GoFundMe Page are on the agenda, turning every rock to find funds to keep the place running. Donations are coming in and the public has reacted well, but everyday is a struggle. And remember, most of these people are volunteers.

They do this because it matters. Janelle does it to give back and because she still needs to continue receiving support for her and her son Kirion.

Premier, Chief, President, board member, volunteer. Leaders. 2018 will need them. Support them. Or be one. Help out. Janelle is.

The more the merrier.

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Enough silence, we need to talk about violence

In my last column (November) I invited people to write their thoughts on Louise Halfe's article about violence and also about the violence in our lives, our communities and in particular between men and women.

I said I would give my column in this newspaper.

I did that hoping it would begin a much-needed conversation but there were no takers. Two people thanked me for offering but didn't send anything. So, what's up? Are we in denial or are we being "traditional" and practicing non-interference by ignoring what is happening and why it is happening.

How can we begin to deal with this if we're not prepared to speak about it? We all know that not speaking about it will feed the Witiko. I know I don't want to talk about it. It's easier to talk about an outsider's violence against me or us because then I can remain the victim and not take responsibility for my own self or stuff or for changing it.

Are we in denial or are we being "traditional" and practicing non-interference by ignoring what is happening and why it is happening.

There are many sides to violence in our families and communities, my side, the abusers side, the family's side, and then there are the communities. No, I have not forgotten about all the faces of colonization but I can't do much about that Witiko till I have confronted it and chased it out of my life, my home and my community.

Then and only then can I be strong enough to work with everybody else who has done the same thing to make sure it does not come back in to pollute our bodies, our children and our land ever again.

Like you, I know deep inside of me that no healing or moving past will happen if I don't do it or at least try.

I am one of those women who has been slapped around, punched out and put down by men I have loved and I

thought loved me. And I wasn't the only one. I remember sitting around with girlfriends after a particularly bad time and we'd joke about it.

"Oh, I see you and your old man were making love again last night. Yeah, we sure were. So hard I banged my face on the wall."

No kidding, those kinds of comments were common among women of my generation. We'd laugh and make jokes about it as we cleaned each other up or helped each other hide out till things cooled down.

Why? Because that was the only way we could bear it. Sure, sometimes we'd vent, be angry and threaten all sorts of things but we never talked about why we went back. We never talked about the hope we had that this time if we went back and tried again, it would be different.

And we never talked about the incredible shame we felt, not among each other or with the men we loved and who loved us.

I know it sounds crazy to say the men we loved or who loved us, but I know I loved my late husband and I know he loved me but both of us grew up in horrific violence and we didn't know how to live a different way. We didn't have the tools.

We had traditional teachings because both of us grew up with them and again that sounds crazy. If there was violence how can I say we grew up traditionally?

But we did, as again did many people of my generation. We had old people who taught us, talked to us and tried to help us through the chaos, trauma and fear. Traditional teachings were the only thing they had to give us, and their love, but it wasn't enough because times were changing so fast and we needed additional tools to understand what was happening.

Displacement, dispossession, alcohol, there is nothing I can think of that didn't arrive in our community once the road and radio came in.

And then there was the shame. That was, I believe, the most powerful Witiko of all. I hate it, even today I know what it feels like, smells like and looks like. It was for half of my life, the gasoline that fueled all the anger and hurt of childhood, because I knew as a child, that what was happening was not our fault, I didn't know why, but I knew, and for that I felt shame.

Shame because our parents didn't fight it, shame because our fathers didn't work, couldn't speak English "properly".

As a child, the list that made "humans" seemed endless. Do you know

that by the age of eight I believed a tooth-brush and an orange made you human? I remember sitting around with a group of people a few years ago reminiscing about childhood, and one of the men said how much he hated Dick and Jane and just wanted to beat the crap out of them when he was in Grade 2 because they had everything.

They were human, we were savage. We all laughed but I don't think there was one of us who did not feel the same way at one time or another in our young lives.

The Penfield Children's Centre in Milwaukee does amazing work with kids who have been traumatized by domestic violence. They write that children who are or have been raised in violence are (a) more alert, have higher adrenaline levels and are more easily triggered; (b) That they exhibit impulsivity and hyperactivity and are often diagnosed ADAD; (c) they have delayed speech or areas of development because they are constantly trying to keep themselves or other family members safe and are therefore not able to develop typically; (d) they self-blame and withdraw, act timid or are frightened even when violence is not happening;

(e) That they have stomach aches, feel nauseas when they sense tension.

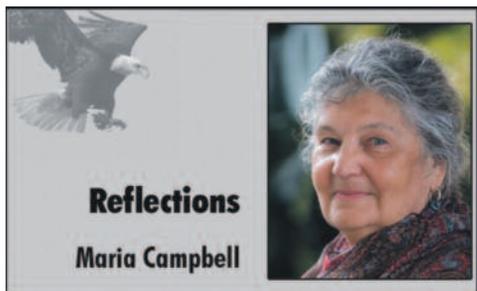
Does any of that sound familiar? Was, is that you? Is that your child?

I said we were given traditional

We never talked about the incredible shame we felt, not among each other or with the men we loved and who loved us.

teachings, and love by our old people, but no tools to help us deal with the violence. Today very few of our children have that. They are in government care, being raised in homes where there is very little if any, love, teachings, life tools, anything.

So, we need to do something, anything. So, come on, please, write something, anything. We have to talk about it. It's time. Hiy hiy, Maarsi.



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Arts calendar will be bursting in 2018

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

There is little doubt that 2018 promises to be full of great art.

Next up for Gordon Tootoosis Nikaniwin Theatre is a co-production with Persephone Theatre and Troupe du Jour: Gabriel Dumont's Wild West Show, Feb. 27 to March 4.

"It involves 10 writers from across Canada who are First Nations, Métis, French and English," explains one of the co-writers, Cree playwright Kenneth Williams.

"The idea came about when French Canadian theatre artists, Alexis Martin and Jean Marc Dalpe wondered why Riel was mostly forgotten in Quebec."

During their research they learned about Gabriel Dumont's time in Buffalo Bill's Wild West Show and how impressed he was with the impact that kind of entertainment had on an audience. Dumont wanted to create his own version of the Wild West Show, so this was a way to bring that idea to life in a modern context. Most of the story centres around the 1885 Resistance.

"It will be something they've never seen before," promises Williams. "The entire show is a variety of mini-plays of different styles and genres. There's music, dream sequences, game shows, satire, melodrama, and comedy.

"It's not a straight up history lesson but a way of making history fun. The audiences in Montreal and Ottawa have attested to its power."

Williams will be in Saskatoon Jan. 19 and 20 for Writing North, a writing event which will also feature Nisga'a author/editor Jordan Abel.

Yvette Nolan, another of the ten playwrights of the Wild West Show – others include Andrea Menard and PJ Prudat – says she's really looking forward to seeing how Gabriel Dumont's Wild West Show premieres in English.

"I have seen it twice, in French, in Montreal, but never in English and of course, the knowledge here about the Métis history is so different from what it is out east," noted Nolan, who sent the rehearsing company a box of bison pemmican and several copies of Marilyn Dumont's poetry book *The Pemmican Eaters*.

"I am also really excited to see Krystle Pederson playing Montana Madeleine in front of hometown audiences."

Nolan describes the show as "a spectacular spectacle" adding that with ten Métis, Cree, Algonquin, Francophone and Anglophone writers, "the act of making it was a bit of a model for reconciliation ... everyone working to see from each other's perspectives."

Nolan notes that two contemporary exhibitions are opening at Wanuskewin Jan. 13, *When Raven Became Spider and We the North*. Meanwhile, she is busy reading ten-minute plays submitted for the October Short Cuts Festival that she founded four years ago; every year it's featured a play by an Indigenous writer.

"We are working to keep that streak alive, and the deadline is not until Jan. 15," notes Nolan.

She is also excited to see Jennifer Dawn Bishop at the helm of GTNT as artistic director. Bishop is looking forward to seeing the Wild West Show, followed by the Circle of Voices show *Pimatisiwin* by Curtis Peeteetuce March 8 to 16; and of course, the GTNT playhouse starting up this month, which works with young actors in schools.

The Winterruption festival will be taking place on Broadway Jan. 18 to 21 and will include a storyteller's tent and Theatre on the Trail co-created by Danny Knight, Aaron-Marie Nepoose, Kevin Wesauate, and others.

In Regina, Sakewewak Storytellers Festival will be taking place for the entire month of February, says Executive Director Adam Martin.

"We'll open with two days of workshops Feb. 1 and 2, in partnership with SaskCulture," said Martin.

One of the presenters is DJ Shub



Krystle Pederson is Montana Madeleine in Gabriel Dumont's Wild West Show.

from Six Nations, formerly of A Tribe Called Red.

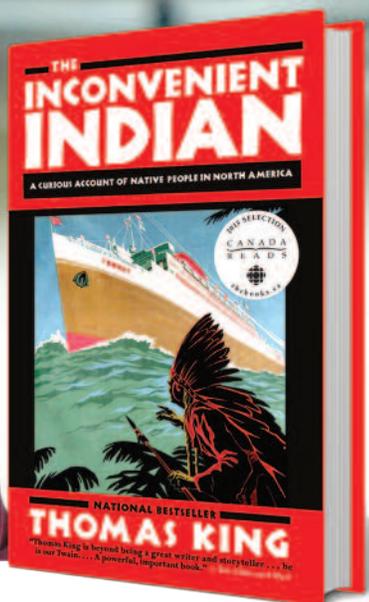
"We look forward to taking advantage of the whole month of February, which is Aboriginal Storytellers Month – normally we just do one week."

They made the decision to spread events over the course of the month instead, and to bring in more partners in the community. The U of R is going to be another major partner along with the student centre; other funders include the Canada Council, Saskatchewan Arts Board, City of Regina, and the Multicultural Council of SK.

"Maybe one day every First Nation all over the province will be highlighting their own local storytellers and events during February," said Martin, adding that other events on his radar include Prince Albert artist Michel Boutin's Saskatoon exhibition at Art Placement Jan. 22 with an opening reception in February.

TWO FREE EVENTS WITH THOMAS KING

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Keep saying it ... winter isn't that bad

This last cold spell almost gave me a panic attack.

On the third minus 30 day, I opened the front door, stuck my head out and was forced back inside by the biting cold. It's a horrible feeling knowing that you cannot go anywhere – it's like being trapped in a haunted house surrounded by wolves and sharks and the only board game available is RISK.

Then I remembered that I have great Internet, cable and enough Triscuit crackers to get me through three winters. (And I would never allow RISK into my house anyway so ...)

But weather can get you down because it increases the difficulty of life exponentially. I'm already hauling around a slippery toddler so life is challenging most days. It's so cold in Saskatchewan, that we have weather related terms like wind-chill which is a fancy way of saying that the air hurts your face.

Do you think people in Australia know about wind-chill? No. If they heard the term they would think that our wind is just really laid back.

But we get to hear, on a regular basis, weather people cheerfully make pronouncements like: "Hey everyone, it's minus 25 with a wind-chill of minus 40 so exposed skin will freeze in 30 seconds." And they are not fear-mongering, I was searching for my car plug-in one morning and my face froze like a Beverly Hills trophy wife/husband.

Nothing works in this weather. Take my vehicle – in cold weather the following has happened to me: a battery froze (that was plugged in), two of my tires went flat in the same night, and the defrost just decided to stop working. Even if your vehicle does you the great favour of starting, you're basically driving a block of ice until you reach your destination.

Everything that used to take "just a sec" now takes ten times longer. You can't pop out the door with a light jacket and some sneakers.

Trips to the grocery store take planning – layers of clothing that impede your movement like a wetsuit. Then if you have kids – they gotta be stuffed into the same outfit while yelling, "NO, NO, NO, NO!" (In toddler-ese, "no" has several meanings

including, "I'm hungry," "Cartoons!", "I'm tired," and "the cat is looking at me funny.")

During the worst of the cold



spell, I saw some of my friends posting pics from Mexico and I cheered them on like I'm lying on my deathbed. As I glimpsed their photos of sunny days lounging around a pool, I was typing tearfully into the computer: "You go live life: you dance in that sand, you drink those mojitos, you wallow in that guacamole. It's too late for me."

When it's this bad, it does make you wonder, how did those old people survive on the prairies during a cold spell? I'm sure the answer is equal parts toughness and gigantic buffalo coats. I don't have either but I do have these tips:

1. Buy in bulk – and I mean everything. The more food and other essentials that you buy the better chance you won't have to run out at 10 p.m. in a frigid whiteout to buy toilet paper.

2. Invest in warm stuff – I know when you were a kid, your mom probably said that you could stuff your thin jacket with newspaper and that would keep you warm. It does not. And it makes you super-flammable especially if you are a smoker. So, save those old issues of Eagle Feather and get yourself a warm coat, preferably something filled with down. And nothing can compensate for quality mitts and gloves when you have to touch metal. Bare skin and metal is the ultimate clingy relationship – painful to stay, difficult to extricate yourself.

3. Take hot showers – Sounds crazy but it works. I learned this tip from a guy who was into winter running. He would take a hot shower before going out for his run and would stay toasty through the run. So, it's a good tip. Here's another good tip: winter-running is insane.

In any event, its only two more months of true winter left and then we can go back to collectively deluding ourselves that winter isn't all that bad.

#mysiit

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– Morgan Kalk, Business graduate

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Students learning practical skills during construction of Montreal Lake greenhouse

By Chelsea Laskowski
For Eagle Feather News

Christina Waditaka's first time behind the wheel of a skid steer was a game-changer.

Just a few hours earlier, the Montreal Lake Cree Nation Grade 12 student had been so intimidated by the prospect of handling the machine that she nearly backed out of the skid steer training taking place at Senator Allen Bird Memorial School.

rest of the four-season, off-grid greenhouse.

Teacher Christina Lorentz helped initiate the greenhouse project, and said the students transformed over the course of the two-day foundation work. Some showed up late on the first day and were unexcited during classroom safety learning, but by the time they got out to the Camp Hope site they became focused and driven.



The group of Montreal Lake students proudly show their new hoodies and certificates from Almita Piling.

But she stuck it out, and within 24 hours Waditaka was taking charge of the vehicle and drilling deep into the ground to install what's called a helical pile – a steel pipe designed to stay anchored in rough terrain – that will act as the foundation for a greenhouse for the community.

The foundation-laying work Waditaka and around a dozen Grade 10, 11 and 12 classmates did this fall makes up Phase 1 of a two-phase greenhouse build at Camp Hope, about 10 minutes outside Montreal Lake.

For Waditaka, whose family is already quite handy, the confidence she gained over those two days opened her eyes to a whole new career opportunity.

"I want to learn how to drive, not just skid steers, all kinds of trucks. Like, heavy equipment trucks, those would be nice to drive," she said.

Waditaka will get a chance to use heavy equipment this spring, when she and other community members spend two weeks building the

Even when it snowed, the students showed up ready and willing to work.

"Quite often in schools we lose our students because it's all bookwork, we're sitting down and they're forced to just memorize things. And I think this opportunity really allowed our students to get in there and get their hands dirty. They learned skills that they'll take with them for the rest of their lives," Lorentz said.

The entire project was made possible through a partnership with the school, community and the non-profit group Focus Forward for Indigenous Youth (FFIY). Lorentz had been in contact with Evan Veryard, founder of FFIY, who had proposed building a greenhouse, and offered guidance and resources to provide hands-on learning for young people in the community.

From there, construction company Almita Piling's president Bill Baillie volunteered his staff and equipment for Phase 1 to give the teens two days of training and first-hand construction experience.

Almita Saskatchewan's regional



Christina Waditaka had quite the eventful first time driving a skid steer. Her experience though has inspired her to learn to drive all sorts of heavy machinery.

manager Simon Pollard said this was a change of pace for his company, which is usually driven on making money, but their volunteer work was well worth it when they saw the look of pride on the young people's faces.

Pollard said any preconceived notions people may have had about First Nations communities went out the window when they got to Montreal Lake. The community was hospitable, provided a fish feast and moose meat, wrangled up steel-toed boots for the students, and

housed the Almita workers while they were there.

"They looked after us," Pollard said.

He said he'd hire a handful of the most eager students he worked with "in a heartbeat. I don't know what the issue is with people's perspectives on not hiring First Nations people. I just don't."

Principal Simon Bird said he is grateful for Almita's generosity, which included giving the teens free hats, hoodies, and certificates for their hard work.

The History of Justice in Saskatchewan from an Indigenous Perspective

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Silas E. Halyk, QC, Visiting Scholar in Advocacy



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Winterruption guaranteed to take the chill off those frosty Saskatchewan winter days

By **Andréa Ledding**
For Eagle Feather News

Looking for something to break up the mid-January doldrums of winter?

Look no further than the third annual Winterruption Festival taking over the Broadway Theatre and outdoors behind Victoria School Jan. 18-21 in Saskatoon.



“This year there are 23 live performances in nine venues over four days and we’re adding amazing free outdoor events for the first time ever,” explained Kirby Wirchenko of the Broadway Theatre.

“We set up the storytelling tipi behind Victoria school with the partnership of Wanuskewin, the Saskatoon Public School’s First Nations Inuit and Metis Education Unit and Victoria School,” said Wirchenko.

The storytelling tipi will feature storytellers every half hour on Friday evening and Saturday from 2-3 in the afternoon onto the evening, and Sunday from 12 to 4. The storytellers themselves are a mix of Indigenous storytellers and new Canadians. Programming was aided by the City of Saskatoon Cultural Office.

“On Friday and Saturday night, around 9:30 p.m., we’re going to close the night with Kevin Wesaquate from the Indigenous Poets’ Society.”

With hay bales inside of the tipi for warmth and seating, he is guessing just over 20 people will fit inside at one time, so it’s first come first served. There will also be free sleigh rides on 11th Street and outdoor firepits for warming, along with food providers with hot food. SCYAP is doing face painting in a heated tent, and there’s a cyclists outdoor winter riding clinic.



Danny Knight, Aaron-Marie Nepoose and Kevin Wesaquate are all performing at the Winterruption Festival January 18-21 at the Broadway Theatre and outdoors at the Victoria School.
(Photo by Andrea Ledding)

“Something I’m really excited about is the insulated mobile hot drinks: coffee, tea, and hot chocolate in insulated backpacks. The tea is birch bark tea from Wanuskewin,” Wirchenko noted.

Sum Theatre is also doing Theatre on the Trail on the riverbank on Jan. 18 to 20 in the evenings, co-created with Danny Knight, Andréa Ledding, Aaron-Marie Nepoose, Kevin Wesaquate, and new Canadians from China and Syria. On Saturday there’s a new Canadian signing ceremony inside Victoria School’s gym, with the actual signing inside the tipi.

There are plays at the Refinery, performances at Emmanuel Church and Louis’ on campus, along with shows at Amigo’s, Vangeli’s, the Bassment, and Troupe du Jour. Mohawk musician Tom Wilson will be launching his book Beautiful Scars.

“It’s a wide variety of events that interrupts winter and gets them out of their

house on the longest coldest month of the year,” says Wirchenko.

“There’s an appetite for it and it’s cool to have something to look forward to in January.”

Kevin Wesaquate says both the Theatre on the Trail and the Storytelling tent will be enjoyable for audiences of all ages.

“I’m bringing the IPS to the storytellers tent, which should be a great experience for us,” said Wesaquate.

“I give thanks for the blessings of being able to tell stories through poetry and spoken word. I am pretty proud of myself in doing my part to revitalize an ancient tradition. Not only that, but encouraging others to follow my example and having fun with it at the same time.”

Wesaquate says his visual art will also appear as mural boards on the Theatre on the Trail installation.

“I hope many people come out to listen to stories and walk on the trail.”



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Dorthea Swiftwolfe, Missing Persons Liaison Officer, SPS and **Vernelle Swiftwolfe**, Building and Grounds Labourer



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Fearless predictions for 2018

John L.: Apparently because I never learn, I have once again asked none other than Dirk Dashing to illuminate us on what to expect in 2018. Dirk, the world seems to have become a strange place. I'm glad to have you here.

Dirk: Thank you, John. Given the Trump factor, global terrorism, and Kanye West, the Trudeau government has decided to chuck 2018 and re-do 1964. Because of this there is no need to issue predictions for the coming year.

John L.: That hardly seems reasonable nor possible. Even if the Canadian government had a time machine 2018 would still take place, just like in that Michael J. Fox movie Monty Python and The Holy Grail.

Dirk: Um. Right. Well, I believe Justin Trudeau solved the quantum flux coefficient, that government does have such a time machine and that it works whenever and wherever Cabinet meets.

John L.: Alright, I am intrigued. How so?

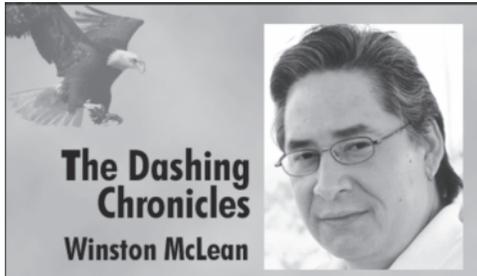
Dirk: For starters, Trudeau and his peeps have resurrected the age-old practice of promising wonderful goodies to First Nation people to get elected then lofting insightful and legitimate excuses why the govern-

ment must wait. But if you vote for us next time, well, just watch as all the wonderful goodies rain down like Woolworth's condom mints from the heavens.

John L.: Wait, I think there is a typo in that last statement of yours, Dirk.

Dirk: Sure.

John L.: It's ok, we'll get that in editing. But to return to your claim that Trudeau government is being decep-



tive with First Nation people, do you have any examples?

Dirk: It's a little known fact that I just imagined that in 1964, as part of its election platform, the first Trudeau government made several promises to help First Nation people, including snow-cone machines for the destitute Innu down in Innuvia.

John L.: Dirk, the first Trudeau government did not get elected until 1968, and there is no such thing as Innuvia.

Dirk: Don't bother me with facts, John. It's been proven in 79.35 per cent of studies that facts can be used to prove almost anything, and they often get in the way of a good story.

John L.: Apologies, Dirk. Please continue.

Dirk: ... and Innuvia did not exist in 1964 because we were still using the politically incorrect Eskimotania. We know better now, John. We've evolved. But most important? The snow-cone machines? They. Did. Not. Arrive...

John L.: Um...

Dirk (wiping a tear away): ... our poor Eskimo, Innu brothers and sisters had to rely on the gaudiness of nature to provide their much needed and sacred snow, often finding themselves foraging in their back yards (Dirk snuffles, another tear drops) ... those yards go on for miles, John. Or kilometres. I don't know. John, it wasn't fair.

John L.: Alright Dirk, get a hold of yourself. Let's change the topic. What if 2018 was to happen? What could we expect in the world of politics for First Nation people?

Dirk (suddenly composed and lucid): Well, Trudeau will continue to dangle shiny promises before us

then tell us he cannot deliver until the next election. But he will do it nicely and we'll buy it because we are so focused on his incredible hair. And do not underestimate Sen. Lynn Beyak. Between that vapid, empty smile and flouncy Walmart bottom is a heart of rabid yogurt just ready to race through your insides. She'll be big in 2018. Over in Canada's basement, Trump will continue to bedazzle the public with his outrageous hillbilly comments and behaviour while he pursues his true agenda. But Oprah's coming for him, so the battle that starts this year will be epic. And globally, Duran Duran will make a surprising come back, updating Hank Williams tunes with the aid of Kanye West. But closer to home I will win a regional title in Scrabble having used your name, Mr. Lagimodiere, by cleverly sneaking in the letter X.

John L.: Of course you will. Dirk, thanks for your ... strange and disturbing predictions. Good luck in the New Year.

Dirk: I was a pleasure, John. Thanks.

Dirk says, "Lynn Beyak has supporters. Sure all their oars are in the water, but on the same side of the boat!"



La Ronge Health Centre Welcomes 2018 New Years' Baby

The La Ronge Health Centre staff was pleased to welcome the 2018 New Years baby at 3:12 p.m. on Tuesday Jan. 2. Shirley Charles is the proud mother of an 8 pound 4 ounce daughter, named Cleo Charles, who comes complete with two tiny teeth! Cleo is Ms. Charles' second child, with a son (and happy older brother) at home in Stanley Mission. Seen here with Jess Emisch, the nurse who assisted with the birth, Ms. Charles also had Dr. Elliot Wilkinson as part of the delivery team. Congratulations to both mom and baby!

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2018 a year to look after ourselves and remember our roots

I have decided 2018 will be about self-care. I no longer drink and do my best to stay away from risky situations that may harm me, but that does not mean I am genuinely taking care of my well-being, physically, emotionally, mentally and most importantly, spiritually.

Being a mother of two little ones, running around with what feels like being a chicken with my head cut off from one mess to the other, to cooking and cleaning breakfast to dinner and changing diapers, and trying to keep up with being the best the mom I can be.

To being a full-time law student and having what is a nearly impossible and endless reading list for my classes and running from class to class and staying on top of assignments and all the social events that comes with law school, I sometimes find myself cutting myself short on eating healthy or finding the time to eat a healthy meal, or making it to the gym or yoga or finding a way to take care of myself in all areas so I can keep trucking.

Also, trying to make time for ceremony is very important for the new year, my community, other family and doing my own research on my own time.

I started the new year on a sad note and with the passing of my grandfather and it has been very unfortunate that many of my grandparents have passed away in the past few years. This only proves the fact that we are all getting older and that our elders need us to be there for them as they were always there for us.

It just goes to show many of our language speakers and traditional knowledge keepers are getting old and passing away and it is vital to our people, society and our identity that we do not lose who we are completely. With so many troubling issues still on the rise with overrepresentation of Indigenous peoples incarcerated, MMIWG, the child-welfare system continuing to take more of our children from their homes and families, and poverty and addiction still cycling in our communities, there is still much work to be done this year.

Not all is lost and there are still many people who are taking their place as warriors and caretakers of our Mother Earth. Now is not the time for giving up or looking the other way. Now is the time to stand tall and proud for what you believe in and continue ending stereotypes and taking care of ourselves as we would want for our children so we can begin to help one another, our families and communities.

It is not easy trying to help those who do not want to help themselves but it is essential to do what we can so that we can continue

celebrating every year to come with triumphs and taking steps forwards rather than backwards. It is essential for all of our children and those to come.

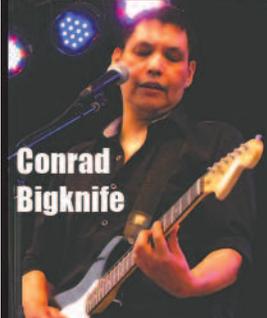
Do not lose hope. We are still here with our ancestor's blood running through our veins like the rivers of Mother Earth, modern day warriors, learning and unlearning our colonized settler-society to find who we are once again and regain our balance.

Remember our roots and the deep meaningful insight that comes with it. This year is about self-care because if you do not take care of yourself how can you take care of anyone else or live to your full potential.

Wishing everyone a happy and healthy new year.



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Success! Last year's resolutions were achieved

By Jeanelle Mandes
Of Eagle Feather News

We asked people what their New Year's Resolutions were in 2017 and how they achieved their goals. Here's their stories of inspiration and proof that New Year's resolutions can be achieved with determination.

Lifestyle change worked out great for Jen



Jen Arcand

Jen Arcand is from Muskeg Lake First Nation but resides in Saskatoon. She set out goals for herself last year to make changes in her life – changes that she followed through with. Arcand needed to change her lifestyle and eating habits due to her health concerns.

"I always hated the word diet because it set me up for failure," she said. "As my blood sugars were high, my vision had been affected and it was starting to go to my kidneys. Diabetes was not controlled. My goal was to make small changes and that is what I did."

Arcand started drinking more water on a daily basis, she began to exercise, had regular blood testing and she limited her junk food intake.

"I started seeing a doctor again and he basically gave me an ugly picture if I didn't control it. That was my motivation," Arcand said.

Additionally, Arcand wanted to make lifestyle changes so she decided to leave work to find something different.

"My goal was to find a new job or go to school. When everything worked out so easy for school I knew that was the way I was to go," she said. "My funding and acceptance was immediate. I believe that's the path I was to be on."

Arcand also did some travelling and took her time exploring the west where she did some hiking and lots of walking.

"I just wanted to be outdoors and do some soul recharging (so) I went to the Okanagan and it helped me tremendously. My mind was clear," Arcand said.



Anton Kitchemonia

Anton took a break from coffee in 2017

Anton Kitchemonia from Keeseekoose First Nation made a resolution last year to give up coffee for a year.

It was a resolution for Kitchemonia to prove to himself that once he sets a goal for himself, he can achieve it through willpower and determination.

But he found the year-long journey a bit challenging at times.

"It was hard to be around it, and it seems people are always wanting to buy you a coffee," he said.

"When I was drinking coffee I never noticed that people wanted to buy me a coffee."

The advantages that Kitchemonia saw after he gave up coffee is that he actually didn't need coffee to start off his day. He found himself more energized and alert without it and his teeth weren't as yellow.

"For every goal reached, you sacrifice something in your life. There are so many more goals I need to reach in my life," Kitchemonia said.

"This is the third addiction I gave up. First was marijuana, then alcohol and now coffee. It not only benefits my health but my children's health and wealth."

Natasha Gamble-Kequahtoway from Beardy's and Okemasis First Nation made a resolution last year to get herself off narcotics. It was an addiction she didn't want to admit but she learned the medication was hurting her rather than helping.

Life without narcotics for Natasha



Natasha Gamble-Kequahtoway

"At first I was afraid and only went down one level but it didn't change enough. I was afraid of the pain levels I live with to be without a buffer," she said. "I was afraid of the kind of person I would be with out it because I've been on this medication for (over) six years. My life revolved around my next dose."

Gamble-Kequahtoway was diagnosed with arthritis that spread throughout her spine, her entire skeleton mainly in her hips, joints and ribs. She tried different methods of treatment including physiotherapy, acupuncture and others but nothing was helping. Her only option at the time was pain therapy which included narcotics. Gamble-Kequahtoway recalled a time her brother was visiting her and he noticed the effects the medicine had on her. She had trouble talking and her eyes weren't able to focus.

It was then that she decided to get herself off narcotics. It wasn't an easy goal for her to achieve but she did it.

"It was scary and ugly. I experienced every type of withdrawal you would expect," she said. "My body still hasn't acclimated to the new chemistry but I'm sticking to it because I need to be clean and to seek real healing ... more importantly I WANT to be clean to do this."

She has turned to Indigenous doctoring instead of relying on pain medications. Gamble-Kequahtoway learned over the year that she can live without the medication and had discovered her inner-strength.



Christine Marie

Christine became an entrepreneur in 2017

Christine Marie was a stay at home mother for the last five years. With a degree from SUNTEP under her belt, she made the decision to go back to work. After applying to three school divisions and not hearing back from any of them, she decided on a different route. She discovered a new passion by creating baby products with an Indigenous style.

"Even though I knew how to sew, its become a new hobby that I'm doing more than ever before," she said. "Going from being a teacher to an entrepreneur is a drastic change."

The career detour was inspired after she posted some baby items on buy & sell groups on social media. She noticed how popular these items were and did a Google search to see if there were any Métis bibs and baby clothes but nothing showed up. With majoring in home economics, she put her sewing knowledge to use by creating different baby items.

"My aim is to keep creating baby products with style and culture for practicality and special occasions," she said.

Her legal Cree based company name has been approved and she has a graphic designer working on her logo which is scheduled to be ready for Jan 15. She already has three local stores interested in carrying her products. Once the logo is ready, she plans to officially launch to Instagram, create a Facebook page, website shop, and other accessible marketing tools.

"I am beyond excited and am looking forward to creating an inspiring business for all customers, but especially for the Indigenous ones," she said. "Where they can walk into a store or see my product online with Cree terms/phrases and instantly sense a humble pride knowing their language is not lost."

"I'm not saying I won't go back to teaching, but for now I will continue to walk through this door."

Prestigious honours for Leanne Bellegarde

By Angela Hill
For Eagle Feather News

Leanne Bellegarde's career is about seeing the inclusion of Indigenous people and that work is getting noticed.

In the fall, Diversity Canada named Bellegarde as one of the Top 5 influential women in human resources in diversity and inclusion in Canada and recently came the announcement that Bellegarde is one of the 2017 recipients of a Queen's Council designation in Saskatchewan.

Known as a QC, the designation is given to lawyers for their conduct and contributions to the legal profession and public service. It's a closely held nomination and Bellegarde had no idea it was coming.

"I was momentarily speechless when the Minister of Justice called me," said Bellegarde, who now works as the director of diversity and inclusion at Potash Corp (now Nutrien).

Bellegarde pointed to a time when "status Indians couldn't even consult a lawyer over their grievances, and in fact if they achieved the education level of a lawyer and any sort of financial success,



Leanne Bellegarde received a Queens Council designation to finish off 2017 on a high note.

they would be disenfranchised under the Indian Act, no longer able to call themselves an Indian and be forced to live away from reserves, their communities and their families."

The QC carries a special meaning in that regard, she said.

Admitted to the bar in 1993, Bellegarde practiced law in a variety of areas from corporate to working on Treaty Land Entitlement settlements.

"I don't know if it's my place to be proud of her, but I am ... I am terrifically proud," said Jim Kerby, a Saskatoon-based lawyer, who Bellegarde articulated under. She says she is forever grateful to Kerby for encouraging to turn her law

degree into a profession.

Kerby said Bellegarde's career path created a wonderful background and lead her to receiving the QC designation.

"She personally deserves everything that she has accomplished," he said.

Originally from Peepeekisis Cree Nation, Bellegarde now calls Saskatoon home, but she says the journey navigating between an Indigenous and non-Indigenous world is an everyday experience as she works to find a balance that respects the identity and contributions of both.

As a child of a residential school survivor, and as a student of law who un-

derstands the impacts of colonialism and negative policies, Bellegarde said reconciliation is a daily reality for her.

"Reconciliation on a very personal level for me means trying to understand and forgive what has been so blindly, for so many Canadians, a part of their success, without regard to the impact on First Nations and Métis people in this country," she said.

In her professional life, reconciliation is about, "trying to use the influence and the opportunity I have by working for a premiere company in a premiere industry in this province that is so influential, to show how First Nations and Métis people can contribute if given the opportunity."

When asked if she could be considered a role model, Bellegarde said that is for others to say.

"I think that early on, my elders impressed upon me, as I struggled to understand what my role should be, that I had a responsibility to be the very best I could be at whatever it was I was doing."

However, Bellegarde does have two pieces of advice for Indigenous youth.

"Just do it," she said, adding that people need to get over self-doubt and asking what if.

"Never give up," she said is the second piece of advice.

"Persist even through tough times, even when you don't think you are doing well, even if you don't think it's for you, persist."

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Resumes will be opened in public at the above address at 1:00 p.m. February 12th, 2018.

Parties wishing to view the facility or requiring further clarification to assist in their submission can contact the Deputy Director Programs at (306) 953-3006.

Bright future in sight for Prince Albert electrician

By Jeanelle Mandes
Of Eagle Feather News

A young Indigenous entrepreneur from northern Saskatchewan got tired of working in the mines and decided to start up his own company.

Craig Maurice, 30, from Pinehouse Lake disliked leaving his family behind when he travelled out for work in the mines. He needed a change and that's what he did.

Almost a year ago, Maurice started his own licensed electrical contractor company called Maurice's Circuit Solutions based in Prince Albert. He employs a journeyman and an apprentice – both who are Indigenous. His line of business consists of offering electrical supplies and installations, as well as repairs and maintenance on commercial or residential markets.

"I've already had a good reputation for having good electrical work and the inspectors from SaskPower liked what I did for previous contractors," said Maurice who has been an electrician for 10 years.

"It was an easy transition from working for somebody else to starting up on my own. Things are going pretty good for my first year."

It wasn't easy to get his business off the ground as he faced various struggles but he kept persevering through the rough times. Eventually, he came across a great opportunity with the Saskatchewan Indian Equity Foundation (SIEF).

An acquaintance informed Maurice about SIEF which sparked his interest to learn more. He heard stories from other people who applied for a SIEF grant and without hesitation, Maurice filled out an application and the rest is history.

"Evan Lavallee from SIEF said it took them 30 seconds to approve the beginning stages," he said.

"From then on, I had to write a business plan and it went to a big committee and (was) approved."

SIEF is an Indigenous Financial Institution in Saskatchewan that offers developmental lending to First Nation businesses in Saskatchewan. The financial institution approved Maurice for a grant and a business loan. As his company continues to succeed, Maurice hopes to expand his staff which will be open to qualified applicants.

The company has worked with a lot of communities around Prince Albert and Maurice had seen the struggles Indigenous people on-reserve faced of getting tradesmen out to the commercial and residential buildings.

"As I keep trying to grow the business, SIEF is going to help financially with costs to pay for things such as tools, another work vehicle, and maybe hire another guy. They're going to help with a portion of that cost," he said. "I have a zero-return call rate as of now. We try to do everything right the first time (and) I believe that's working well for us."

He hopes to serve more Indigenous communities in northern Saskatchewan and in the south as well.

Through the financial help from SIEF and Maurice's determination to keep his company going, he hopes his journey will inspire others to follow their dreams in obtaining their own businesses.

"I just wanted to show people that if you want something, just go out there and get it," he said. "The only person who's going to do these sorts of things for you is yourself. It took me a little while to realize that."

Craig Maurice is the founder of Maurice's Circuit Solutions – an electrical company based in Prince Albert. With the financial help from SIEF, Maurice was able to excel his company by buying another company vehicle and hiring a journeyman and an apprentice. He hopes to expand his company in the future.

(Photo submitted by Craig Maurice)

(Information on Maurice's Circuit Solutions can be found on their website and on social media)

Sports of all sorts on the schedule for 2018

By Jeanelle Mandes
Of Eagle Feather News

The coming year will be a fun packed one, full of Indigenous sporting events across the country.

From the Tony Cote Winter and Summer Games, the Federation of Indigenous Sovereign Nations (FSIN) annual hockey tournament to the Masters Indigenous Games, athletes will have something to look forward to this year.

This will be the first year the formerly known Saskatchewan First Nation Winter/Summer Games will be known as the Tony Cote Winter/Summer Games. During last year's summer games at the closing ceremony held in Regina, an announcement was made to rename the games to honour the founder of the popular sporting event.

The 2018 Tony Cote Winter Games will be hosted by Cumberland House, Red Earth Cree Natoon and Shoal Lake communities but will be held in Saskatoon during the week of April 1-6, 2018.

Lyle Daniels, who is the 2018 Tony Cote Winter Games manager, said based on previous years an estimated of 5,000 athletes will be participating in the upcoming games.

"We're going to have a significant amount of entertainment (and) a cultural entertainment village," he said. "One of the coolest things I'm going to change this year (is) the medal ceremonies will be done in the evening and not at the venues but where the athletes are going to be fed."



More medals will be handed out at the Saskatchewan Aboriginal Track and Field Championships in March. (Photos by John Lagimodiere)

Saskatoon Mayor Charlie Clark said they are pleased Saskatoon will serve as host city for the Tony Cote Winter Games.

"We're very honoured the Saskatoon has been (chosen)," said Clark. "Sport is a wonderful way for people to come together for a shared experience and to help build community."

Daniels said the athletes will be fed in the auditorium at the Alliance Church in Saskatoon.

The 2019 Tony Cote Summer Games will be hosted by Meadow Lake Tribal Council (MLTC) who were the

overall summer games champions last year earning 958 points taking home 20 gold, 19 silver and 20 bronze medals.

The 10th Annual Saskatchewan Aboriginal Indoor Track & Field Championships are in Saskatoon on March 2 and 3 at the Field House. Early bird deadline is Feb. 8 and the registration deadline is Feb. 22 for Pee Wee, Bantam, Midget and Youth categories.

The FSIN annual hockey tournaments held in Saskatoon for adults is April 20-22 and the FSIN Youth Hockey Championships is set for April 27-29 at the Jemini and Agriplace. Another hockey event called the National Aboriginal Hockey Championships will be held from May 5-12 in Membertou First Nation, Nova Scotia.

The 2018 Masters Indigenous Games will be the first event of its kind in North America. They will be held in Toronto on July 12-15. These Games will provide an opportunity for Indigenous adults to compete against others around the world in a variety of contemporary and traditional sporting activities.

In addition to the various Indigenous sporting events, the Saskatchewan Parks and Recreation Association (SPRA) is piloting the first Indigenous Fitness Leadership Certification Program in Saskatchewan over three weekends in April and May 2018. The program will train individuals committed to an active lifestyle who want to learn how to motivate and energize others in their community.

Participants will earn nationally recognized certification, enabling employment in the fitness industry. It will be held in Saskatoon with support from the Saskatoon Tribal Council.

"This is a great opportunity. This SPRA Project will benefit us as Indigenous People in two main areas: building our human capacity and promoting health and fitness," said Chief John McNab of George Gordon First Nation.

The program's goal is to empower Indigenous People to deliver safe, high quality fitness programs in their communities that are culturally relevant and



Athletes will again be in the grand entry for the Tony Cote Winter Games in April.

incorporate traditional learning methods. Participants will be able to provide guidance and feedback on the program, ensuring that it meets the fitness and physical activity needs of Indigenous People. Registration for the program opens February 1.

An application package will be

available on the SPRA website. Individuals willing to work towards becoming a certified fitness leader trained in group exercise content, who can be recommended by members of their community, are encouraged to apply.

Lots of opportunities to stay active in 2018!

10th Annual Saskatchewan Aboriginal Indoor Track & Field Championships

March 2 & 3, 2018 - Field House, Saskatoon, SK

Pee Wee - Bantam - Midget - Youth - Open
Includes T-Shirt and 4 Events

Registration Deadline: February 22
Early Bird Deadline: February 8
Early bird registrants eligible for door prizes.

\$60 Online Registration
\$65 for Mail/Fax Registration

Email info@saskatf.ca Call 306.292.5277

www.saskatf.ca

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WINTERRUPTION XX

VENUE	THURSDAY JANUARY 18	FRIDAY JANUARY 19	SATURDAY JANUARY 20
BROADWAY THEATRE		EH! OH! LET'S GO! LIVE TRIBUTE TO THE RAMONES + ROCK N' ROLL HIGH SCHOOL FILM	THE DEAD SOUTH WITH GUNNER + SMITH
THE REFINERY	SPIN BY EVALYN PERRY IN CASE WE DISAPPEAR BY VANESSA SMYTHE		CO-PRESENTED BY BCU THEATRE FREE BIKE VALET BY SASKATOON CYCLES AT ALL SPIN SHOWS
EMMANUEL CHURCH	TIM HECKER	A SPECIAL EVENING WITH CLOSE TALKER VISUALS BY STEPHANIE KUSE	BEGONIA WITH JEN LANE
LOUIS'	DELHI 2 DUBLIN WITH DJ KHANVICT	RED FANG/ SHOOTING GUNS	
COSMOPOLITAN SENIORS HALL		HEAVY BELL BY GRAND CENTRAL STATION I SAT DOWN AND WEPT	STEVE VON TILL WITH RESPECTFULCHILD
AMIGOS CANTINA	MO KENNEY WITH TOO SOON MONSOON	PARTNER/ DUCHESS SAYS	CHAD VAN GAALEN WITH MAUNO
VANGELIS TAVERN	FOAM LAKE WITH WAITRESS	TODAY IS THE DAY WITH ADOLYNE	GUANTANAMO BAYWATCH WITH RAEBURN
THE BASSMENT	CROSS CANADA FIDDLE FEST	LINDI ORTEGA WITH TAYLOR JADE	AN EVENING OF STORIES AND SONG TOM WILSON
LA TROUPE DU JOUR	RAYANNAH WITH ETIENNE FLETCHER	VENUE SUNDAY JANUARY 21	
		BROADWAY THEATRE	CLASSIC ALBUMS LIVE ABBEY ROAD

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OUTDOOR VENUE

FREE

VICTORIA SCHOOL

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