

Eagle Feather NEWS

FREE

Pink stick scores for cancer

By John Lagimodiere
Of Eagle Feather News

Dana Gamble lives and breathes hockey. First on the ice and last off the ice every practice, this defenceman with the Peewee Aces is

known as 'sniper' because of his prowess.

The only thing more important to him than hockey is his family. That is why it was so difficult for his mom Rae to tell him that his Auntie Claudette was diagnosed with breast cancer.

"I had to tell him and his sister because they heard me crying on the phone," explained the proud mom during the Aces Peewee Tournament during Hockey Day in Saskatoon.

"And the first thing he said was that he wanted a pink hockey stick. I gave him heck for thinking of hockey at a time like this, but then he told me, 'No mom, I want a breast cancer stick. And I want pink tape too.' And that is how it started."

Dana showed up at his next game with a pink stick and tape. Worried that his teammates would make fun of him, Dana just went out and did what he loves to do and proceeded to score four goals.

He told his teammates about his aunty and breast cancer and the response was not what he expected.

"They didn't say anything ... one followed along and then the rest came along. Then other teams followed our example and it kept going," said the well-spoken young man of the pink tape phenomenon he started.

"I did it to raise awareness and to help find a cure for it. I want to be there every step of the way for my aunty. She is a good friend of mine."

Dana also decided to donate the cash he earns for goals and assists to breast cancer research and challenged his teammates to as well. They wholeheartedly took up the challenge. At the Aces tournament, other teams from around the

Dana Gamble has scored \$500 for cancer research. (Photo by John Lagimodiere)



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DIABETES EPIDEMIC

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province started taping their sticks in pink tape courtesy of Al Andersons Source for Sports and the idea just seemed to catch on.

Fans showed up in pink. Kids had pink tape on their sticks and helmets. The rink was a sea of pink.

So far Dana has raised \$50 from his

goals and assists, and almost \$500 from his teammates and other donations.

"I am very happy and surprised," said the humble hockey hero.

"I just hope that scientists can find a cure for breast cancer and that my aunty gets better as soon as possible and that's it."

CUMFI, safe housing for struggling families

By John Lagimodiere
Of Eagle Feather News

Many people lose custody of their children due to struggles with addictions, mental health issues and other factors like homelessness. In order to help women get their lives back in order and to restore the family unit, the Central Urban Métis Federation (CUMFI) has developed an innovative housing program.

A building in Pleasant Hill that was once a veritable slum full of drug dealers and violence has been totally renovated as an 11 suite housing centre that offers safe, affordable housing and most importantly support for women working to get their children back from social services.

The Government of Canada, the Province of Saskatchewan and the City of Saskatoon all brought money to the table to make it happen. The building and programs are run by CUMFI.

One resident, who can't be identified, has moved from very expensive accommodations to the new apartment and credits the place with helping her reconnect with her two children.

"I get my kids for the whole weekend and it is a safe place to bring my children," she said as she prepared to leave with her mentor to attend a doctor's appointment.



Tying the sash to mark the opening of the new apartments are Social Services Minister June Draude, CUMFI President Shirley Isbister, MP Kelly Block and Saskatoon Mayor Don Atchison.
(Photo by John Lagimodiere)

"Because of this place I get my children for a longer time and they get to sleep here. We help each other out lots ... babysitting, going for groceries. We cook together. We have become a rather tight group.

"The extra supports help. If we are stressed we can talk with the other girls or with a mentor."

Each suite has bunk beds for the kids, new appliances, kitchen utensils and

almost everything one needs when you are starting over. There are also good security doors and security cameras on each floor.

"Our government is proud to play a role in project partnerships like this one, helping people in need of a hand-up," said Kelly Block, Member of Parliament for Saskatoon-Rosetown-Biggar.

"These new apartments are making safe, affordable housing a reality for more

families in Saskatoon," Block added.

"Saskatchewan is travelling down a new road, one that is marked by strong and continued growth," Social Services Minister June Draude said.

"Economic growth needs to be accompanied by innovative partnerships and smart investments in areas like affordable housing. I want to thank CUMFI for all their hard work and dedication to providing help for struggling families needing to stay together," she said.

"The City of Saskatoon is proud to partner with CUMFI and other levels of government in this project by contributing ten per cent of the total cost," Saskatoon Mayor Donald Atchison said.

One of the mentors knows the impact on these women's lives will be long lasting.

"This is affordable and safe housing, something these women have likely never known," she said.

"They move in and we supply everything from a vacuum to tea towels. They just need their clothes. We take them to programming, drive them, and give them resources.

"Lots of these girls are dealing with addictions or other circumstances and they all want their kids back. And we help them."

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Seeking input from youth

By **Andréa Ledding**
For Eagle Feather News

Warren Isbister, Urban Aboriginal Leadership Co-ordinator for the City of Saskatoon, was busy February 5 preparing for the 4th annual youth leadership conference at Wanuskewin, an all-day event from 11 in the morning until 8 at night.

Shuttle buses were bringing almost 80 youth from the city at points like Confederation Mall, the YMCA, or Frances Morrison Library, and returning them at the end of the day.

“We wanted to see youth get more involved in community events and leadership opportunities,” said Isbister, adding that community association positions and coaches for younger athletes were just some of the many opportunities available for youth.

“We want their input in youth councils and other community based organizations like the Saskatoon Indian and Métis Friendship Centre.”

Isbister added that youth need that extra bit of encouragement and inspiration to think more outside the box while building their leadership capacities.

“We’re building that capacity for the youth within these organizations that we feel have the potential do more and greater things,” he said, explaining that the inclusion, vision, and energy of the youth



Tennille Bear and Warren Isbister are two young leaders in the community. Bear is a graduate of SIIT and works at SaskTel and Isbister is a world class jiggging champion and employee of the City of Saskatoon. Isbister is the energy behind the yearly Youth Summits.

is valued as well as their input and contributions.

“We’re also launching a youth action network - the first of its kind with the city.”

The youth will be part of a planning committee and act in an advisory capacity, as a resource for city council.

“They’ll act as a voice and sounding board to issues affecting youth in the city of Saskatoon – to bring those kinds of issues to light, and for our city councillors to access.”

The day included a variety of leaders and other young people, such as students at First Nations University of Canada, talking to the youth about their current

roles in the community, and sharing their own personal stories of how they got to their own positions of leadership. Not only do they serve as examples and mentors but they provide encouragement.

Isbister says the event has been growing steadily every year.

“Our first year we started out with 12 youth – that was four years ago and it’s been picking up every year.”

Two major sponsors of the event include Urban Aboriginal Strategy, which is trying to build and maximize the capacity of urban Aboriginal people, and the Saskatoon Tribal Council.

“We’ve heard loud and clear from our

youth that they want more opportunities, so we’re focussed on offering more projects and events like this,” Isbister said, noting that the response has been very positive from all quarters.

This year something very special was in the works for the closing ceremonies, where various youth do performances, such as a young group of breakdancers from Mount Royal who were slated to be performing.

“Along with our traditional Aboriginal dances, and some variations of that, we’re bringing in East Indian dancers. It’ll be kind of a mini ‘dancing with the Indians’ event,” joked Isbister.



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Editorial

Health is in your hands

Just read another report on the preponderance of diabetes in the Aboriginal community. Then another one on obesity. Then one on tuberculosis. Then another one on smoking. Turns out we are over represented in all of those categories.

We really shouldn't be surprised. Just walk through the teen smokers outside of the career fair or school and you can rest assured that some of our future adults already have a good grip on smoking, swilling pop, sucking neck and Type 2 diabetes.

Then another article came along and noted that people can control most of their medical problems without drugs or surgery. It is called getting active and watching what you eat.

We have seen so many people get lazy and develop diabetes. Then they wake up, they eat better, run, get active and they get back to their healthy old self.

We determine our own diet and that of our children. If we eat healthy and are active, you reduce your risk of diabetes, heart disease, stroke and big arse disease. Believe us, there are many benefits in avoiding all of those afflictions.

Have some confidence in yourself to eat well, move around and control what goes in your mouth. You would be amazed at how much better you feel when you feel much better.

Leaders in big trouble

It is a tough time to be Guy Lonechild or Clarence Papequash. Both Chiefs are under threat of losing their jobs over separate criminal charges they are facing. Prior to his election in 2009, Chief Lonechild was charged with refusing a breath sample and failure to stop for police. However, the Crown dropped the breath sample charge after Lonechild pleaded guilty to impaired driving. The charge only came to light in early February once there was a request to move the trial to Rosthern.

That Lonechild pled guilty to the charge and is taking responsibility for his actions is admirable, but the rumblings we hear going into the weekend before the FSIN Winter Assembly don't bode well for his future.

A non-confidence movement was underway as Eagle Feather News went to press. By the time you are reading this, Guy Lonechild will have stepped down as Chief of the Federation or he will be facing a vote of non-confidence on February 15 at the Assembly. Some insiders say that since the FSIN is always under such a microscope, the integrity of the top job must be upheld. And, had they known of the charges before the FSIN election in 2009, Lonechild would not have received their vote.

The Senate and several Tribal leaders are taking this very seriously and we may see a Federation Chief publicly forced to resign for the first time in a long time. That's too bad because Guy is a really likeable and approachable Chief and had showed great leadership over the FNUC debate.

This incident has also made a lot of people who golf and have a bunch of beers and then drive home take a good look in the mirror and maybe think twice next time.

Chief Clarence Papequash of Key First Nation is charged with a bit more of a heinous crime. He and 16 others, including his brother Clarence Papequash are charged with selling prescription drugs, including Oxycontin. This is following a six month investigation by the RCMP that was launched due to an increase in violence, suicide and robberies in the Yorkton and Kamsack areas.

Chief Papequash denies ever selling anyone any drugs, but even so, some people are calling for his resignation which is fair enough when you consider the ill effects that drug dealers have had on our community. He is innocent until proven guilty, but it is not good for appearances to be filmed coming out of court, ever.

Ultimately, the community has a right to ask that their leaders be open and accountable but we have to remember that they are just as human and fragile as we are too and sometimes people make mistakes. It's what you do after your mistake that shows your true character.

Rank Comix

Adam Martin

If medicine is a treaty right,
why do Chief and council charge so
much for it?



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Publications Mail Agreement No: 40027204

OSSN #1492-7497

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

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SUBSCRIPTIONS: Annual subscription rate is \$25 per year, \$26.25 with GST.

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THIS ISSUE...LAST ISSUE...PAST ISSUES.

Nokoms had their own stash of medicines

When I think of health I think of childhood, my mom and the mothers of our community who worked so hard keeping their families healthy. Although we didn't live far from a town, we were isolated by many factors, two of them being race and poverty.

True, white people were also poor, but not in the way that made them invisible or suspect of all things no good. But that's not what I want to remember today. I want to remember and honor those moms and grandmothers and the things they did to keep us and our community healthy.

Our homes were small log houses, often crowded with extended families with no place to live. There was no homelessness in those days, if someone had no home they were taken in until the men could build a log house and the women put in a garden. Everyone shared their meager food supplies with the person or family until the garden was ready.

Those gardens were often an acre in size and it was not uncommon for a family to have two of them. Working from sun-up to sundown every spring, the women prepared these plots for planting. Cultivating and raking the soil, they made sure the ground was smooth and clean of old weeds.

Then, after soaking the seeds in water, most of which were from last year's crop, the garden was planted with the help of every child that could walk and the summer spent putting in the early morning hours as well as serving your "time out" weeding the garden. Some people love gardening as a result of those years. Not me. I do it only

because I believe that I should at least teach my grandchildren the importance of growing your own food. But I still hate weeding.

As the plants matured, they were canned and pickled. Healthy too, were the buckets of berries we children picked with our nokoms who dried some of them and canned others as well as making jars of jams and jellies. Hours and hours spent in the garden, in the bush and over a hot stove in July and August, until literally hundreds of jars of food filled the shelves of our cellars.

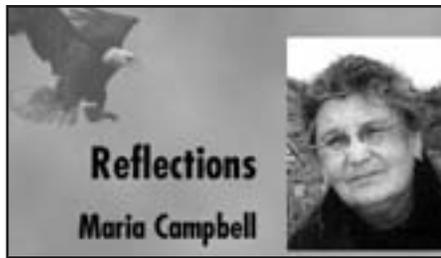
They also picked wild herbs and medicines, dried them, crushed others into powder and stored them all in cotton bags hanging them on the rafters of the cellar.

Although our nokoms did most of the doctoring, every mother had her own stash of medicines used for croups, coughs, fevers and any number of childhood illnesses. There were no drug stores and the general store had very little in the way of medicine. Even if they did, no one had the money to purchase them.

Our drug store was half a mile up the road in a meadow called Omisimaw Puskiwa (oldest sister prairie) where yarrow, plantain, wild roses, fireweed, asters, nettles and pigweed could be found in great abundance. Some of it was just medicine and some of it like fireweed, nettles and pigweed was medicine and food.

"Never mind, just drink it you need the medicine," was Mom's mantra as she made us eat or drink the wild things she and the nokoms harvested.

I have since come to understand that most everything we ate in those days was medicinal,



including the moose and other wild animals. Moose, for example, eat willow and poplar branches all full of medicine. They eat water plantain and dig down deep in the water to eat the water lily and roots, both of which are very important ingredients in some cancer medicines. Bears eat berry and the roots of many plants making their fat, especially, highly prized by medicine people.

We drank wild rose hip tea every morning, all winter long cause we needed the vitamin C and as I learned from my aunty, wild rose hips do not lose their vitamin content with boiling or cooking. This tea washed down the big spoonful of cod liver oil we also had to take every morning. This was the only store-bought medicine we ever had and believe me was probably the grossest stuff I've ever swallowed in my life and to think I did it to my children too.

"Why do I have to take it?" my youngest daughter asked one day after gagging through two spoonfuls and finally keeping one down.

"So you'll be healthy." I answered self-righteously. "And so you'll have good stories to tell your kids."

My husband laughed wiping her face. None of my grandchildren ever had to drink cod liver oil. They ate Flintstone vitamins instead but they have all been told the story of nokom's medicine.

I also remember having to eat a piece of smoked dried moose, bear or beaver fat every morning. With a bit of salt it was not as bad as the cod liver oil. Nokom said it was to prevent us from turning into a Witigo, which was the human turned cannibal story of olden times. Our diets were very lean unlike today and we

needed the fat to keep us healthy both physically and mentally.

Recently, while rummaging in an old lady's attic I found an old scribbler full of recipes and remedies.

"Make with love for good health of family," reads the note under the title Recipes and Remedies. Here are some of the treasures I found in that scribbler.

Saskatoon's for winter. Pick and dry berries on canvas spread out in the sun. Store in flour sack and hang in dry place away from mice and rats.

Duck Eggs, but you must not steal from nest more than twice as duck will give up and that's not good. Test eggs in water of slough or muskeg. If it floats put back in nest. If sinks good. Heat small stones in campfire, make nest with of hot stones, cover with grass, spruce branches or little sticks. Lay eggs on top. Cover with more grass then splash water on grass and steam for 10 minutes. Very good taste and very good for body.

Dry wild strawberry runners and boil up when you need for diarrhea. Also add crushed dried roots of same for belly trouble. Dried raspberry leaves may also be added but not have to. Dried and powdered strawberry plants are very good for baby's bum rash.

For those of you who may be dealing with head lice this works good. Apply coal oil to hair then put on a tight fitting hat over night, wash hair in morning. Next night apply vinegar to hairline and don another tight hat. In the morning, remove nits with fine-tooth comb, nits should just come off.

Last note in scribbler says. "Thank the good god each morning and night for all you have. Laugh a lot and kiss your children every day."

Happy New Year and good health.



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Stoking the fires of Métis nationalism

I have to say miigwetch to two avid EFN readers who commented on my views in the December issue where I opposed a Bill to 'exonerate' Riel. They give me an excuse to come back and explain why I said "let the stain remain" at a Métis National Council conference in Winnipeg years ago, a comment they say has now been adopted by several writers. They have their view and they are entitled to it and to defend it. I welcome that.

The writers, who identify themselves as Métis authors and public speakers by the name of Goulet, fall into a common error. The error confuses Riel as a Métis hero and legendary figure with Riel as a person; as a private individual. Thus the Goulet writers try to support their plea for an exoneration with the false analogy with people wrongly convicted of crimes such as the Milgaards and the Marshalls. Riel the individual is dead and an exoneration will not allow him the personal freedom and compensation the Marshalls and Milgaards deserved and got.

The Goulets' main argument leans on the well-known distinction between a 'pardon', which is forgiveness for an offence, and an 'exoneration' which means to declare one to be 'free from guilt'. They argue that the charge against Riel was incorrect in law and therefore so were the conviction and the execution. That leads to the call for the remedy of an exoneration. In making their argument the Goulets thought it important to point out that in my comment I had used the word 'pardon' six times and the word 'exonerate' only once.

I am well aware of the distinction between these terms. In my view the terms can be used interchangeably, along with other similar terms and expressions such as 'excuse', 'remission', 'indulgence', 'apology', 'release from', 'declare innocent', 'vacate the conviction' and so on. The reason is that in my view IT DOES NOT

MATTER, in the eyes of the Michif nationalist, what the other side thinks of the actions of a national hero fighting for the Michif cause.

What matters is the collective judgment of the Métis people. Riel did the right thing in opposing the Canadian theft of our lands and, of course, we can expect the other side not to be happy about it and to use whatever means available to counter the Métis defence.

The Goulets' main argument leans on another slender reed. They say there was an error of law at Riel's trial. The conclusion follows that the error must be corrected, as errors should be. Riel's case was appealed and upheld in the highest court for Canada at the time; the Judicial Committee of the Privy Council in England. The law is decided by the decisions of the courts and not by the opinions of writers and public speakers and as a matter of law Riel's conviction was correct, however immoral or unjust it may have been.

It was immoral and unjust but it was politically expedient for the government of the day. The relationship between the law and public morality has been and continues to be a debate that will never end.

But does any of this technical debate matter to the Métis nationalist? Must the stain of Riel's execution be wiped out by political acts of today's government representatives, or should Riel take his place of honour amongst the many who fought, but in vain and lost their lives, for the cause of their people? One might dare to hope that the Métis nation today has sufficient spiritual self-sufficiency and collective confidence to feel secure in the judgment of our own people about Riel and not feel compelled to go simpering to Ottawa seeking political bromides or psychological handouts from politicians.



Comment
Paul Chartrand

The judgment of history and of the Métis people should not depend upon microscopic examinations of legal minutiae or

the parsing of words and the counting of their frequency of use, or upon high-minded debates about synonyms. It should depend upon the robust collective judgment of the people: vox populi, vox dei. The Goulets might agree that the voice of the people is the voice of God, for they call in aid of their argument the fact that they have met many "grassroots" Métis people who support the exoneration of Riel.

Fine. In reply I offer the sources of my own bias on the issue, for I have not conducted any interviews or researches on Métis people's opinions about Riel. I speak only for myself.

I am from St. Laurent, a well-known Métis community on Lake Manitoba. I am one of 12 children of a Métis trapper and fisherman who also dug snake-root (Seneca root) and, after the trapping economy went sour in the mid-'50s, turned to carpentry.

When I was growing up and living there until the late '60s we were quite self-sufficient, like pretty well all Métis communities in our Western homeland then. This was before the setting in of the welfare state and the doling out of 'rocking-chair money' as Hank Williams calls it.

The inspiration for my views includes the gleam in my father's eyes when he recounted what Gabriel Dumont told the messenger to tell General Middleton when he was leaving Batoche: "Tell Middleton that I am still in the woods. Tell him that I still have 90 cartridges to use on his men."

My inspiration also comes from the attitude of 93-year-old Joseph Ouellette who was killed at Batoche, and who replied when Gabriel Dumont asked him to retreat from the advancing troops: "Wait, I only want to kill one more Englishman."

I am inspired by the words of the Métis National Anthem, composed by Pierrich Falcon on the evening of our victory at Seven Oaks in Red River territory in June 1816. As a descendant of 'Bostonnais' Pangman, one of the chiefs of the Métis who wiped out Governor Simpson and his motley crew, I am inspired by Falcon's words which describe the English 'who are here to steal our homeland', stumbling away with the Métis after them.

These are the same words that inspired the Métis troops who sang them at Fish Creek and may have inspired old Joseph Ouellette at Batoche.

The Goulets and some others want justice for Riel. They think his conviction for treason is an indignity to the Métis people. They want the conviction reversed, not for Riel, who is dead, but to make these people today feel better about themselves. They are inspired by modern standards like human rights, which have deep historical roots but were only invented after the Second World War. They support Bills of exoneration that revise the facts of history to make them fit modern ideas.

The views of the spiritually self-sufficient Métis nationalist, on the other hand, are inspired not from elegant legal analysis but from deep sources within ourselves; from the stories and songs of the family homes. Within the glow of the fires of Métis nationalism, Riel, the prophet of Métis nationalism, continues to live and to inspire self-confidence and strength. This Riel is in no need of rehabilitation, especially by the descendants of those who have successfully submerged the cause for which he died.

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- The claims management process.
- Experience rating and rate setting.

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PotashCorp comes up big for food banks

By John Lagimodiere
Of Eagle Feather News

For many families, the toughest times of the year are immediately following Christmas. Bills have piled up and the cupboards often go bare.

better time for a huge donation by one of the world's largest companies, one that helps grow food as its core business.

Potash Corporation of Saskatchewan Inc. (PotashCorp) announced a \$1 million contribution to Saskatchewan food banks

and CEO of PotashCorp, stressed the importance of food in helping people and whole communities.

"People cannot build healthy lives, or stronger communities, when they are hungry," said Doyle.

"When we help our neighbours meet their basic food needs, we feed hope, change, and the opportunity to improve their lives."

PotashCorp's gift will be used immediately to restock the shelves of 19 food banks across the province and nine affiliated locations.

According to the most recent statistics collected by Food Banks Saskatchewan, more than 22,600 individuals visited food banks in Saskatchewan during March 2010, an increase of 20 per cent from the same month in 2009.

"The trend points to increasing demand for our services," explained Bill Hall, Executive Director of Food Banks Saskatchewan, which conducts its annual survey of food bank use in March.

"The need for healthy, nutritious food continues to grow which is why we are so thankful for PotashCorp's support. From Lac La Ronge to Moosomin, the impact of this gift will be felt province-wide," Hall said.

"Those of us in northern and Aboriginal communities see the need

every day," said Trudy Connor, board member for the Lac La Ronge Food Bank, who thanked PotashCorp on behalf of the hundreds who use its services annually.

Saskatchewan's two largest food banks echoed her thanks.

"We're delighted to receive PotashCorp's support," said Paul Merriman, CEO of the Saskatoon Food Bank and Learning Centre, which will receive about \$425,000 of the total.

"The impact and value of this donation to us, and the people we serve, is immeasurable and we are truly grateful," said Merriman.

"This donation couldn't have come at a better time," explained Wayne Hellquist, CEO of the Regina Food Bank, which will receive approximately \$294,000 from the PotashCorp donation.

"Usually, we see a slowdown in donations after the holidays. This will ensure that our shelves are stocked with vital food supplies for people who need them."



PotashCorp President and CEO Bill Doyle says the \$1 million gift from the company is intended to help people build healthy lives. (Photo by John Lagimodiere)

This leads to an increase in demand at the food banks of Saskatchewan, often leaving them with bare cupboards as well.

With that in mind, there could be no

to purchase food for individuals and families in need. Speaking from the warehouse of the Saskatoon Food Bank and Learning Centre, Bill Doyle, President

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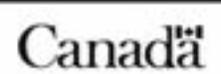
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Teenage Zone a healthy exercise in listening

We are all on this journey of self-discovery whether we are 16 or 60. We have this need to define who we are and where we fit into this world.

I recently attend a play called The Teenage Zone: Behind the Smile. The production from start to finish was done solely by the drama students of Miller High school in Regina. The audience was given a glimpse into the lives of the youth that was so powerful and intimate it was like reading a page from their diaries.

Depression, bullying, peer pressure, body image, family dysfunction and addictions are only a few of the topics the youth brought to life on the stage. I believe that everyone in the audience was able to empathize because we have all had to pass through that phase of our lives – from young adult to adult.

Parents in the audience were so fortunate so see this production. They can take what they learned to their homes and discuss the issues with their children and listen to what the kids have to say – just listen.

I have often heard parents say that they wish their children had come with an instruction book. If there was such a

book this play would make a good introduction to a chapter dedicated to teenagers. I felt lucky, sad, angry and scared. The play was a roller coaster of emotions but that's the life of a teenager.

Chyanne Poorman-Favel from the Kawacatoose First Nation was one of about 20 students in the production. Chyanne said that it was exciting and nerve racking to be a participant in the play.

There is help out there and it can come in the way of a play!

"It was very hard talking about some of the things plus there was a lot of emotion in the content of the play."

The students did a bang-up job and being in that theatre and hearing what these young people had to say was powerful.

Drama programs in school offer the students a venue to discuss the issues



they are dealing with in their lives since not all students have parents or guardians who take active rolls in their children's lives. Sure wish we had

drama programs in the reserve schools.

I was so pumped when I left the theatre and can't wait to see what they do next.

There are so many people dealing with depression and suicidal thoughts. If you or someone you know is having

great deal of your weight around your waist you are at increase risk of Type 2 diabetes. If you smoke, your risk of heart disease increases, lack of exercise and poor diet also play a major factor.

Scary statistics for First Nations as many are overweight smokers (I include myself in this category).

There are websites dedicated to heart health, magazines and free information at health clinic and pharmacies. Remember that you are responsible for your health so educate yourself about your disease and follow the advice given by the experts.

Easier said than done believe me. I have been on a diet for at least 30 years and haven't lost a pound – tapwe!

On the lighter side, I asked a couple of reserve men what kind of flowers they buy their ladies on Valentines Day – they said Robin Hood! Ever sick! As long as we don't see any heart shaped hickies it will be fine.

Thank you for your letters and emails. You can write to me at Sandee Sez C/O Eagle Feather News P.O. Box 924 Saskatoon SK S7M 3M4.

Or, if you like, you can email me at sandra.ahenakew@gmail.com

problems with depression tell someone or call the suicide hotline in your area. There is help out there and it can come in the way of a play!

February is Heart and Stroke Month and a good time to focus on your heart health. If you are diabetic, your risk of developing heart disease is higher.

If you're overweight and carry a

Smoking is a deadly habit

By Flo Lavallee
For Eagle Feather News

Tobacco is one of the most important herbs used in sacred ceremonies for First Nations and aboriginal people. It can have both positive and negative effect.

When used improperly, such as when it is smoked in cigarettes, or otherwise ingested in a commercial form, tobacco is a deadly killer.

Each cigarette takes eight minutes off your life, a pack takes one month off your life each year, and two packs take 12-15 years off your life. Cigarettes have over 4,000 known poisons, any of which can kill in high doses. One drop of pure nicotine acid can kill a man. Depending on the age that you quit, your life expectancy can increase from two to five years.

Second hand or passive smoke is now the third leading cause of preventable death. In women, passive smoke reduces fertility, successful pregnancies, and normal birth weight in babies. It increases the instance of cervical, uterine and lung cancer, heart disease and osteoporosis in women and men.

Don't be discouraged. Quitting is hard work, but it gets easier every day, as the body loses its dependency on nicotine. There must be a lifestyle change for permanent success against smoking. Start by drinking lots of water. Eat more fruit and vegetables, chicken, fish, turkey, lean red

meat to neutralize and clear the blood of nicotinic acid and to fortify the blood sugar.

In my opinion, the first ingredient you taste in tobacco is sugar as it is a plant. Include lots of vegetables. Add magnesium rich foods like dark leafy vegetables broccoli, cucumbers, celery, and whole grains such as brown rice and wild rice. Salads made with leaf lettuce decrease the desire for tobacco. Avoid junk foods and sugar as these aggravate cravings. Chocolate contains caffeine and sugar will affect cravings as well. Drinking green tea daily will reduce any toxin poisons.

To calm the nerves Magnesium and Vitamin B Complex will release the tension. If you don't stop smoking – emotional reasons- stress, emotional insecurity, hypoglycemia, dietary deficiencies, and nicotine addiction are the result.

Common symptoms - Chronic Bronchitis, constant hacking cough, shortness of breath, respiratory infection. Emphysema and dry lungs. Eventual lung cancer, adrenal exhaustion and fatigue, poor circulation affecting vision, high blood pressure, premature aging, and dry skin with poor color and elasticity. Smoke decreases blood flow to the skin. Osteoporosis, low immunity.

The cost of smoking is millions of dollars in medical expenses. And maybe your life.

good food bites

STRETCHING THE BUDGET AND EATING HEALTHY

PLAN BEFORE YOU SHOP

Make a grocery list and be sure to include healthy foods from each of Canada's Food Guide groups – Vegetables & Fruit, Grain Products, Milk & Alternatives and Meat & Alternatives.

FRUIT & VEGETABLE BEST BUYS

Frozen and canned vegetables and fruit contain the same vitamins and minerals as fresh. Purchase fresh produce in season and canned and frozen when produce is out of season. Look for fruit canned in water or fruit juice instead of syrup and low sodium canned vegetables.

PURCHASE UNPREPARED WHOLE GRAINS

...such as barley, brown rice, oats and whole wheat pasta. Packaged rice mixes and noodles and sauce are usually high in fat and sodium and low in fibre.

INCLUDE POWDERED MILK WITH YOUR MEAL PLANNING

Powdered milk can be added to cream soups, pancakes, muffins, mashed potatoes, etc...even add powdered milk instead of cream to your coffee. Three (3) tablespoons of skim milk powder provide a 19-50 year old adult with almost 1/3 of their daily calcium requirements.

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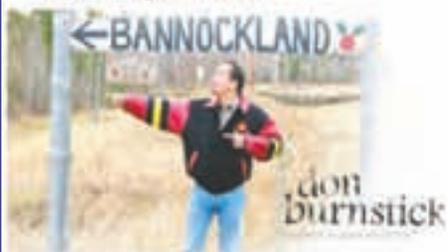
March 04

5:30 PM

- Banquet
- Breakdance demonstration

6:30 PM

- Don Burnstick Family Show



8:00 PM

- Saskatchewan’s own “Voices of the North”

March 05

5:30 PM

- Feast
- Rounddance
- Midnight lunch
- Giveaway



March 3, 2011 travel day and on-site registration

Registration 6:00P to 9:00P

Further details and agenda will be posted on the FSIN website (www.fsin.com). Registration forms, banquet forms and tradeshow forms will be available on the website.

Workshop Topics

- Children’s Programming
- Youth Workshops
- Elder’s Forum
- Wellness Room
- Traditional Foods
- Awareness
- Traditional workshops
- Leadership
- Treaty Right to Health
- Health Services
- Integration Fund (HSIF)
- CLASP coalition linking action science program

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- Prevention;
- Intervention;
- Leadership and Treaty Right to Social Development
- Community Development
- Human Rights in First Nation Communities

Conference Registration:

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On site registration: 6-9 pm March 3, 2011

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Fax forms: (306) 477-4554
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Dr. Veronica McKinney says doctors have to be sensitive and aware.

Listening key to healing

By Darla Read
For Eagle Feather News

Dr. Veronica McKinney was surrounded by and has been interested in medicine since she was a little girl.

"When I was seven or eight, I found a book about the human body, and I fell in love," says McKinney, smiling as she recalls the discovery. It made her want to become a doctor.

Born in Saskatoon, her family has ties to the Sweet Grass and Waterhen First Nations, and her mother shared what she learned from her own mother, who was a midwife and medicine woman.

McKinney says growing up she didn't have a lot of confidence, her family was poor, and she faced racism. She remembers there were certain children she couldn't play with or she wasn't allowed in certain people's homes.

"(But) no matter what was going on, I could always go back to books."

After graduating high school, McKinney went to university but says she struggled. She came across a lab tech course she could take at SIAST and decided to switch gears.

"When working as a lab tech, I discovered people just wanted to talk."

That fuelled McKinney's desire to go back to school, this time into nursing, so she could talk to people and help them.

Plus, she says the nursing process was similar to the medicine wheel, so she could identify with it.

McKinney decided to go for her dream of medicine, but was worried she wouldn't be accepted – even though she had an 87 per cent average in nursing.

She was accepted and completed medical school and her residency at the University of Saskatchewan.

After working in British Columbia, McKinney is now back in Saskatoon as the new director of Northern Medical Services, and she has many goals in mind for her new position.

Before returning, she ran the University of British Columbia's Aboriginal Residency Program, and she would like to set up something similar here. She developed curriculum for Aboriginal and non-Aboriginal residents to learn about the historical context in which Aboriginal people live.

"I brought a homeless lady in to talk about how she got there," she explains. "The next month we might go out with an Elder to collect traditional medicines."

"It was more about the teachings the Elder would give, not becoming a traditional healer."

McKinney thinks something similar could work out of La Ronge and Ile-a-la-Crosse. She says doctors going into the province's North need to understand where people are coming from.

"For the people themselves, they've been raped of their culture," she says. "There's a lot of colonization still going on, and most docs who go in don't know the history because many come from South Africa."

She says when providing health care, doctors have to be sensitive and aware.

"It's about relationships. I can't really be a healer until that person comes to me and wants to be healed."

"The strongest healing I can do is to hear people out and listen."

She says curriculum needs to be about more than just the technical skills required to be a doctor.

"You can learn how to sew somebody up fairly easily. The other stuff isn't so easy."

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- ▶ Restez à la maison si vous êtes malade, et consultez un professionnel de la santé si vos symptômes s'aggravent.

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Immunization vital for disease control

By Moira McKinnon
For Eagle Feather News

The grip of winter and influenza seem to go hand in hand. You may have been hearing reports of larger numbers of influenza cases in Ontario being referred to as a "flunami".

Last year the world experienced the H1N1 pandemic; this year the seasonal influenza viruses have returned. Every year several influenza virus strains circulate the world. Most change slightly over time and some strains become more numerous than others. Six months before winter scientists get together to look at the patterns of influenza strain and determine what three strains should be in the annual seasonal vaccine. Most years it is a good match for all three strains.

The body reacts to influenza by sending its protector cells to the airways and the lungs. This makes the lung lining thick and the lungs and heart have to work harder to breathe. This added strain can cause severe sickness in young

and old people, and in those with chronic conditions. That is why these groups of people are encouraged to get the seasonal vaccine.

How many people die each year from seasonal influenza? The Centers for



DR. MOIRA MCKINNON

Disease Control in the USA believe 3,000-4,000 people a year die directly from influenza in the USA and another 40,000 - 50,000 are 'tipped over' by the stress to their other condition or die from secondary pneumonia. It is estimated in Canada that there are 4,000 - 8,000 influenza associated deaths every year.

Sometimes a sudden change may occur in the genetic makeup of an influenza virus, so much so that the immune system of a human no longer recognizes it as a virus it should know. This is when a pandemic may occur.

A healthy person may react very differently to a novel virus. In some the immune system goes into hyperdrive against the unknown invader. It overreacts. It sends so many protector cells to the lungs that the lungs become very soggy with inflammation and it becomes impossible to breathe. This happened in the SARS pandemic and the 1918 influenza pandemic.

The 1918 influenza pandemic killed more people in six months than the total of the two world wars. Most were young adults. Stories and records dating back from the

Greeks in 412BC tell us that influenza pandemics occur regularly every 30 to 40 years. They spread world wide but differ in the severity of the disease they cause. Most people today will experience another pandemic in their lifetime.

In April 2009, Mexico informed the World Health Organization that its hospitals were full of people with influenza and pneumonia. The virus was identified as a new influenza virus, H1N1, a mixture of bird, human and pig influenza viruses.

The world needed to react quickly on very little information, as it takes several months for a vaccine to be produced.

After some weeks it became clear that for most people the virus was going to cause only mild illness. Most people over the age of 55 years were spared. It is likely that a significant part of H1N1 or a sufficiently similar virus was here over fifty years ago and at the time gave people an immunity that protected them in 2009.

The H1N1 virus did affect some healthy young people, many of these spent long weeks in intensive care. The numbers ill and hospitalized indicated young children and pregnant women were more vulnerable than others to severe illness. As in 1918, indigenous people were more likely to get severe disease.

In Saskatchewan the vaccination program began in earnest in the North on October 26. That first week there were five people with influenza-related illness evacuated by air. No further cases of significant illness from H1N1 in the North occurred from that date. By mid December 50 per cent of the Saskatchewan population was vaccinated and the virus had disappeared. There were simply not enough non-immune people to spread it.

The story did change day to day as more was discovered about the virus, who it was affecting, and how severely. Many people spent long hours examining the data and the processes to ensure that the vaccine, produced so quickly, would be safe. The calmness and patience of Saskatchewan residents played a key role in the effectiveness of our entire pandemic response.

There are many, many lessons from the 2009 experience which will help Canada and also the global community to respond to both seasonal and pandemic influenza in the future. And as always, the best ways to prevent the spread of infection continue to be handwashing, coughing into your sleeve, staying home when ill, and getting immunized.

For what you can do this season and for more information on influenza visit the Health website at www.health.gov.sk.ca/influenza-flu

Dr. Moira McKinnon is
Saskatchewan's chief medical officer.



Brandi Nicolas is a student interested in a health career.

FNUC helping students enter health care field

The First Nation University of Canada has announced the delivery of the Pre-Health Studies program through Northern Campus.

The Pre-Health Studies program is a partnership between the University of Regina Faculties Of Kinesiology & Health Studies, and Arts, and the First Nations University of Canada.

Students enrolled in the Pre-Health Studies program through Northern Campus can use the first year of courses to apply to the Bachelor of Health Studies Degree Program, to the Bachelor of Arts Degree Program in Regina, or the U of S or U of R/SIAST nursing programs for fall 2012.

As health-issues continue to dominate public policy choices, this program will prepare students with the first year of electives to eventually meet many of the health care needs facing Saskatchewan and Canada.

Applications will be accepted until March 31, 2011.



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Lifestyle at the root of diabetes epidemic

By Michael Bell
For Eagle Feather News

It's an incredible fact: a First Nations person in Canada is three to five times more likely to have Type 2 diabetes than Canadians in general.

The disease, which left unmanaged, can lead to heart disease, kidney problems, nerve damage or blindness, is an epidemic among First Nation communities in Saskatchewan and Manitoba. In some communities, health researchers say the rate of diabetes can be as high as 250 cases per 1,000 people, much higher than the general populations of these two provinces.

But it might surprise you even more to learn that only 60 years ago, diabetes didn't even exist among Saskatchewan and Manitoba First Nations.

The finding is part of an ongoing study led by geographer and associate professor Paul Hackett of the University of Saskatchewan. His team set out in 2007 to better understand the historical context of the rise of Type 2 diabetes in First Nations communities. The researchers studied the archival records of residential schools, churches, and the Hudson's Bay Company. Since obesity is strongly correlated with diabetes (80 to 90 per cent), Hackett was able to calculate the body mass index of some residential school students. In other cases, photographic evidence was useful.

"When you put it all together, what I get is a picture of rapid and in some cases disastrous culture change," Hackett says.

In northern communities, First Nations hunted on a seasonal cycle. Fishing, trapping, hunting and gathering involved the whole family: diets were healthy and everyone's activity levels were high, Hackett said. But the government and the churches convinced people to settle on reserves and abandon traditional

ways. Less hunting meant a less active lifestyle. From 1945, the government began to issue payment subsidies, which increased the purchase of unhealthy, processed, store bought food. The net result was an enormous transition in lifestyle: families continued to consume high amounts of calories but no longer had the active lifestyle to burn off that energy.

The study is not yet published, but early indications suggest that obesity was absent from First Nation communities between 1930 and 1950. The emergence of diabetes also appears connected to the lifestyle transition which was imposed by governments, missionaries and the subsequent decline in traditional hunting practices.

Part of the aim of Hackett's study was to help explain the "relative significance of cultural, environmental and genetic factors in the apparent susceptibility of First Nations people to diabetes." Current diabetes research in the field of genetics says that First Nations people may be at a higher risk of contracting the disease.

While not discounting the role genetics may play in diabetes in First Nation communities, Hackett believes lifestyle is more significant. Historically, the genetic argument was also used to explain the presence of tuberculosis, smallpox and measles, he said.

"(For some researchers genetics) seems to be the go to argument for trying to justify excess mortality and morbidity, without pointing to some of the more obvious things," Hackett said.

Hackett is a member of the Saskatchewan Population Health and Evaluation Research Unit, a joint research unit of the Universities of Regina and Saskatchewan. The unit announced a three-year \$750,000 research grant from the Saskatchewan Health Research Foundation in January 2011.



Paul Hackett led a study that found that 60 years ago diabetes didn't exist in the First Nations community.

(Photo University of Saskatchewan)

The funding will help advance diabetes research and further the Unit's goal of reducing health inequalities in Saskatchewan's most vulnerable populations.

Hackett says his study helps educate people about the roots of diabetes and more importantly where things might end up again if society isn't vigilant about the conditions that effect a community's health.

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Affinity Credit Union, Saskatoon team up to facilitate more affordable housing

By John Lagimodiere
Of Eagle Feather News

A first of its kind affordable housing program was recently announced in Saskatoon. The Equity Building Program, as it is known, is a joint venture between the City of Saskatoon and Affinity Credit Union.

Mayor Don Atchison and Mark Lane, Chief Operating Officer of Affinity Credit Union, celebrated the launch of the innovative new housing program at an event on the third floor of Affinity's flagship branch in downtown Saskatoon. The Equity Building Program will assist low to moderate income households in moving from rental accommodations to home ownership.

Recent statistics indicate that many moderate income (household income between \$44,500 and \$70,000) households in Saskatoon are now dedicating 40 per cent of their pre-tax household income towards shelter costs. This is approximately eight per cent higher than the standard permitted by private lending institutions.

The program is designed to allow eligible applicants to access market financing from a private lending institution, and to target moderate-income

working individuals and families to purchase a dwelling for homeownership.

Currently, Saskatoon has some of the highest housing costs in the nation leaving many first time homebuyers without sufficient down payments to get a mortgage. Supporting 250 households over a five year period, the program will allow eligible households to purchase a home (includes all forms of housing in any part of the city) ranging in value from \$220,000 to \$280,000. The program will assist the homeowner with the down payment requirement by providing assistance of approximately \$12,000 per unit. The \$12,000 is absorbed into the monthly mortgage payment and paid back in full.

"I assume we will provide more than the 50 homes a year that we have budgeted for," said Affinity Chief Operating Officer Mark Lane.

"And I say that judging by our previous housing programs and the demand we have had for this program since it was announced just yesterday."

Affinity Credit Union has long been a leader in unique and affordable housing programs and has many community partners that know the value of having families in houses that they own.

"The City of Saskatoon is pleased to



Mark Lane, Chief Operating Officer of Affinity Credit Union and Paul Gauthier, the City of Saskatoon's general manager of community services discuss the new Equity Building Program for affordable housing.
(Photo by John Lagimodiere)

invest in the Equity Building Program to help people with modest incomes become homeowners in a time of rising house prices," said Atchison who has become an avid supporter of housing programs.

"Council passed this motion unanimously and it will be a positive program for all of us. This is a first of its kind in Canada so we have to thank council, the city staff and Affinity Credit Union for their hard work in pulling this together."

To support the program, the City of Saskatoon will invest \$3 million with the Affinity Credit Union. The city is using

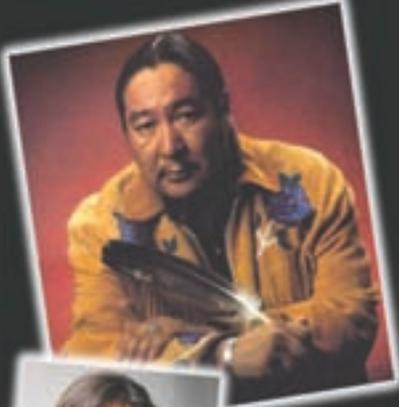
money from its existing investment portfolio to facilitate the program. The program is self-financing to avoid resource conflicts with existing programs or additional support by city property taxpayers.

"We are delighted to create more accessible homeownership opportunities for our members.

"Community investment is one of the socially responsible ways we do business and together with the City we are contributing to stronger, healthier communities," added Lane.



Native Studies Graduate Students' Society Banquet




"Taking the Next Step: Promoting Graduate School Post-Secondary Education for Aboriginal Students"

Keynote speaker:
Honourable Elijah Harper & CBC's Carla Robinson

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- Jennifer Greyeyes

For more information, please contact:
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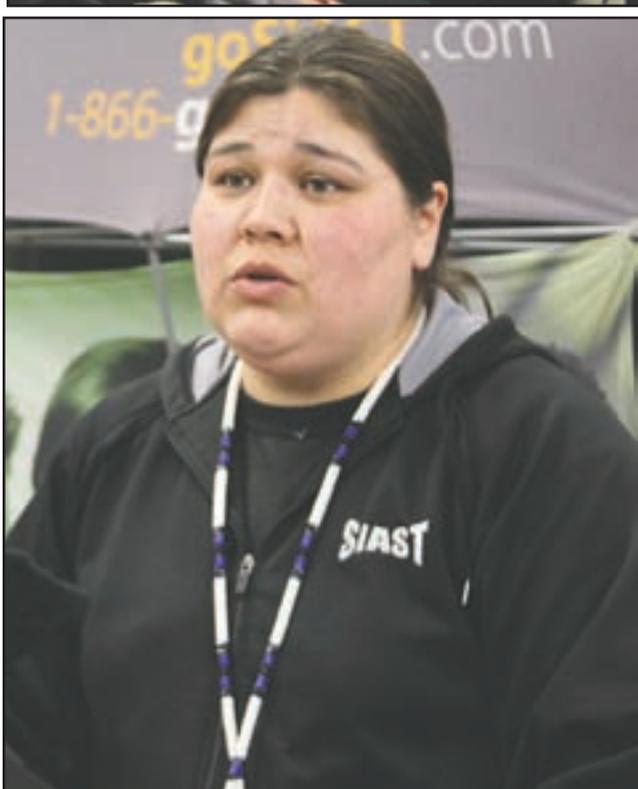
The Future is Yours Opportunity Fair kept Saskatoon's Prairie Land Park bustling on a cold February day with over 600 Aboriginal youth and over 60 exhibitors swapping information about present and future employment. The career fair, a partnership between the Aboriginal Workforce Participation Initiative and the Edwards School of Business was made possible by Gold Sponsor PotashCorp and Silver sponsors including SaskTel, SIGA, Cameco and First Nations Bank of Canada. (Photos by John Lagimodiere of Eagle Feather News)



"We have to be here to show these youth what policing is all about and what it takes to join the police service," said Sergeant Tony Nadon of the Saskatoon Police Service. "We definitely tell them the minimum requirements to get in, but we also steer them to the SIAST Aboriginal Police Prep Program and also to the Treaty 4 Police College. Every bit of training helps."



Desmond Head, Justin Nawakayas, Eldon Head and Robert Whitecap from Red Earth came down for the career fair. The fellas got some applications for jobs and some information on furthering their education. "We were honoured to see all the schools and business that want to hire Aboriginal people," said Whitecap, a life skills worker. "Hopefully people who came here apply and get jobs."



Malissa Joseph, Aboriginal Student Recruiter for SIAST advises a student interested in post secondary training. "I love seeing all the Aboriginal students out figuring what they want to do in life," said Joseph. "Even their eyes light up when they see the possibilities and that yes they can do it."

Josephine McKay of the Edwards School of Business helps a student who may be leaning towards a future in big business.



Marie Peepeetch, second from left, and her friends from the SIIT Educational Assistant Program were happy to get so much information and to see so many brown faces. "The day was great and we have lots of leads on summer jobs and we have convocation on June 16 so we are excited," said Peepeetch. "I almost have goose bumps because it is inspiring seeing so many brown faces getting out there and looking for work."



There are lots of opportunities in this province this day. "There are about 6,500 jobs listed on the CanSask employment site every day. If people are getting trained properly, they can just walk into a job in this province. The employers are here to tell the students that," said Arlene Goulet of AWPI, one of the partners of the event commenting on what the over 600 students will benefit from the career fair.



Dasha Thomas from Pelican Lake was wearing Cameco colours but figures she wants to follow her cousin into the military after school.

IANE taking it to the next level

By **Andréa Ledding**
For Eagle Feather News

The Interprovincial Association on Native Employment (IANE) is preparing for its annual national conference March 8 - 10, with the theme "Taking it to the Next Level".

To be held at the Radisson Hotel in Saskatoon, the conference will provide a forum where Aboriginal organizations along with governments, industries, and unions can share best practices on recruitment, retention, and advancement of Aboriginal people in the workplace.

Some of the featured speakers at the upcoming conference include Zane Hansen of SIGA, Sean Willy of Cameco, and Randell Morris of SIIT, while honorary chair is Chief Felix Thomas of the Saskatoon Tribal Council. The main focus is on partnership, leadership, retention, and recruitment – including an assessment of what is and isn't working, evaluating obstacles, examining successful models, and diversity in engaging Aboriginal leaders.

"I'm sure it might be a different story," she noted. "Taking it to the next level became our mantra when it came to our leadership panel and to securing keynote speakers for this event.

"We believe that we have put together an exciting and comprehensive conference program that will appeal to a wide audience open to everyone with an interest in promoting Aboriginal employment."

One of the workshops features Ann Taylor and John Peter Flett speaking on reconciliation, with a background in the "Returning to Spirit" Residential School Reconciliation program. They believe that the legacy of Indian Residential Schools has impacted Aboriginal people, communities, culture, and the entire country – but it can be healed and reconciled in this lifetime one individual at a time.

Other workshops focus on diversity, inclusion, and recruiting techniques.

A highlight of the event will be keynote speakers Ted Nolan – known for his leadership and contributions playing



IANE Saskatoon president Darlene Brander.

for an original founding member of IANE) and the Ivan Ahenakew Award for businesses who have shown results in Aboriginal employment initiatives, in memory of another founder.

Only one individual and one business in the entire country are given these awards each year, making them even more significant.

"Since its incorporation in 1977, IANE has contributed to the development of an increased awareness of the employment aspirations and capabilities of Aboriginal people within the labour force," said Brander.

"Throughout the years, IANE has strived to reflect the needs and wants of Aboriginal people towards employment, and to work with organizations to share information on successful education, training, and employment programs to encourage the development, innovation and promotion of Aboriginal employment."



The volunteer IANE conference committee spent many hours and lunchtimes pulling together the pieces of the conference.

"We have been in the planning stages for this conference for a long time," said Darlene Brander, who is current president of IANE in Saskatoon.

"When we decided to bid on the National Conference a couple of years ago, it was taken to the National Board for consideration."

Brander added that The National Board supported their bid, and so they immediately set plans in place to get the conference going. One of the first discussions surrounded the theme of the conference.

"We knew that we wanted somehow to make that link to the 2006 National IANE conference that the Saskatoon Chapter hosted, and the theme at that time was Taking Care of Business," explained Brander.

"Reflecting on that theme, we decide that use it as a jumping off point for our new theme."

IANE wanted to focus in on what companies, businesses and organizations are doing now regarding Aboriginal employment. They discussed how on many levels, in many different ways, for many different organizations, companies had evolved their practices regarding Aboriginal employment.

"So when chapter member Terry Bird of SaskTel brought forward the idea of "Taking it to the Next Level", it fit, and said exactly what we wanted to say, and where we wanted to go with this conference," Brander explained.

She added that the strength of IANE has always been the members and their many contributions. Their chapter consists of employees from many different organizations. They all bring different and valuable areas of expertise and knowledge that form a powerful network, so planning this conference has been a testament of the strength, knowledge and networks of this local chapter and all of its members.

"Without the support of the member organizations,

and coaching in the NHL – and Waneek Horn-Miller, an Aboriginal Olympic athlete and sports commentator.

Another feature will be the awards portion for outstanding individuals (the Bill Hanson Award, named

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— RICHARD FLORIZONE,
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IANE 2011 NATIONAL CONFERENCE

March 8, 9 & 10, 2011

Radisson Hotel
Saskatoon, SK

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The Interprovincial Association on Native Employment, Saskatoon chapter, is excited to announce the 2011 National conference will be held in Saskatoon March 8, 9 & 10. This powerful conference on Aboriginal employment will feature discussions which seek to “Take it to the Next Level” in terms of best practices surrounding Aboriginal employment goals and how this impacts the bottom line.



Keynote Speakers:

- Ted Nolan
- Waneek Horn-Miller

Leadership Panel:

- Zane Hansen
- Sean Willy
- Randell Morris

Workshop Presenters

- Local and National business leaders

This conference will provide valuable information for business owners, leaders, supervisors, human resource professionals and government officials on the themes of recruitment, retention, partnerships and leadership.

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As if, my phone's talking Dakota

By Andréa Ledding
For Eagle Feather News

If you've been looking, unsuccessfully, for a cell phone ring tone that is distinctly Aboriginal, look no further.

A group of high school students from the Whitecap Dakota First Nation has started up its own business, called Tipi Tones, which features ring tones based on powwow music, well-known Aboriginal artists and other aspects of Aboriginal culture.

The students were given this entrepreneurial opportunity thanks to a partnership between Junior Achievement Saskatchewan, Whitecap Dakota First Nation and First Commercial Brokers, sponsor of the program.

Through Tipi Tones, the students have produced and marketed their own unique ring tones.

"Most of these ring tones that we have are generally for Aboriginals and Indigenous peoples," explains David Bear, a Grade 12 student who is the company's president.

"One of the ring tones is counting up to 10 in Dakota, the language out here, and we also have counting up to 10 in Cree."

There is also a round dance ring tone and one that features Kindergarten students singing O Christmas Tree in Cree as well as their "nichimoose" ring tone that features a woman demanding her boyfriend pick up the phone before she counts to 10.

The group also produced one together with a few of them saying "As if, pick up your phone!"

Ainsley Robertson, Director of High School



The Junior Achievement Company Tipi Tones is led by, back row Timothy Lewis project coordinator, and has members David Bear (President), Justin B, Harley Deschambeault. Front row: Chey Bear, Iesha Parenteau (Human Resources), Alysha Vandevod, Kree Thomas (VP of Finance).
(Photo by Darla Read)

Programs for JAS, says this program has given students the chance to learn how to run a business from start to finish.

"Starting up the company, organizing it, full operations and then liquidating and ending the company at the end of a full, fiscal-type cycle. The students have the opportunity to target a specific market and sell shares and develop a product or service, and all of the decisions in the company are up to the students."

Kree Thomas, who is from Mistawasis but goes to

school in Whitecap, says the business venture allows them to do their part in preserving Aboriginal culture.

"And what we do (through) promoting Aboriginal music and language, it keeps our language is alive and just to show our language is not going to be gone because our language is fading away, and we don't want that to happen," says Thomas, who is also the company's Vice-President of IT and Finance.

For your very own Tipi Tone, find the company on Facebook.my phon



ABORIGINAL ACHIEVEMENT MARCH 14-18 2011 WEEK

Join the University of Saskatchewan's Aboriginal Students' Centre to celebrate Aboriginal Achievement Week. There will be a number of events held on campus including:

Monday	Tuesday	Wednesday	Thursday	Friday
Pipe Ceremony Time: 8 a.m. Location: Multi Faith Centre at Rugby Chapel	Panel Presentation "Dispelling the Myths" Time: 1-2:30 p.m. Location: Convo Hall	Elders Soup and Bannock Time: 11:30 a.m.-1 p.m. Location: ASC	High School Spend-a-day Time: 9:30 a.m.-3 p.m. Location: Arch 132	Crafting with Maria Time: 11 a.m.-1 p.m. Location: ASC Lunch provided
Hot Breakfast Time: 9:30-10:30 a.m. Location: Aboriginal Students' Centre (ASC)	Jigging Workshop Time: 3 p.m.-4 p.m. Location: Education Lounge	Dance Performance Time: 1-2 p.m. Location: Convo Hall	On Campus Employer Career Mixer Time: 11 a.m.-1 p.m. Location: ASC	Aboriginal Graduate Student Luncheon Time: 11:30 a.m.-1 p.m. Location: Education Lounge
	Sweatledge Ceremony Time: 4-6:30 p.m. Location: Whitecap First Nation (6 km west of Regina on Hwy 10)	Gordon Oakes Red Bear Centre: Let's Do It Time: 2-4 p.m. Location: TBA	A Screening of: Jim Sore: The Way Home Time: 11:45 a.m.-1:30 p.m. Location: Room 80, ISSAC Lower Place Ref	First Nations Hand Games Time: 1-3 p.m. Location: ASC
		Indigenous Peoples and Justice Speaker Series presents: Wanda McCaslin (College of Law) Time: 7-8 p.m. Location: ARTS 146	ISC Banquet Time: 5-8 p.m. Location: Upper Marquis	Co-ed Lacrosse Tournament Time: 1-3 p.m. Location: The Bowl
			Tipi Tones Time: 1-4 p.m. Location: Arts Tunnel	Indigenous Student Council presents: "New Horizon" Time: 9 p.m.-2 a.m. Location: Louis

For more information please visit our website: students.usask.ca/aboriginal

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Conference stresses importance of effective communications strategy

The Aboriginal Financial Officers Association of Saskatchewan (AFOA) just hosted *Voices from the Past – Looking Back & Moving Forward*, a communications conference and workshop. Topics included creating communication plans and strategies, how to handle a TV interview and how to get your message out through the media. Eugene McKay is the executive director and we nabbed him for his view on communications.

How do we improve communication in First Nation and Métis communities and organizations in Saskatchewan?

McKay: Communication is very important in both communities because effective communication has the power to change the way a community functions and how the community is viewed by both internal and external stakeholders. As we all know communication is the way we exchange information, it provides information to the community, provides feedback from the community and finally it determines how we respond appropriately to the feedback. It is through communication that we can identify our audience and communicate our message through the best possible means that will provide meaningful response. Through the development of communication strategies in organizations and communities the exchange of information becomes more reciprocal in nature and both parties exchanging information benefit as decisions are made based on a more informed audience/stakeholder.



Eugene McKay says good communications can make the difference between success or failure of any initiative. (Photo by John Lagimodiere)

How can it improve your business or First Nation even?

Communication strategies that are well planned, well resourced and executed can mean the difference between the success or failure of any initiative. Through effective communication members are not in the “dark” on decisions that are made so fewer assumptions are made in the community or organization.

What did you come away from the conference with?

I came out with a better appreciation of the different forms of communication strategies that are out there.

Got any quick tips for groups that want to improve their communication?

1 tip Attend AFOA Saskatchewan’s communications

conference next year. Seriously, I think any form of a communication has to be done effectively and above all strategically. AFOA Saskatchewan has developed a vision and mission and through a well thought out strategic plan we have effectively managed to create “buy in”. It is through the “buy in” of our members that as an organization we continue to grow in Saskatchewan. Whether you are an organization or a community, the way you create the “buy in” is through communications. This will determine whether your community/organization believes in its vision or mission. It is the community members or the members of any organization that in essence drive the organization and without “buy in” what do you have?

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Northern Métis communities doing business

By Darla Read
For Eagle Feather News

Four northern Métis communities joined forces last month with plans to build business and wealth in their region.

Representatives from Beauval, Cole Bay, Ile-a-la-Crosse and Jans Bay signed a business charter for the newly formed Primrose Resources Corporation.

"The business charter's purpose is really to set out the terms of reference for how this new corporation will work, how the board of directors will be selected, what kinds of projects they're going to consider for wealth creation," explains Vern Bachiu, who is the manager of the Business Ready Investment Development Gateway program operated by Westcap Management. The four communities have been working with the Gateway program in order to form the Primrose Resources Corporation and move forward with it.

Ile-a-la-Crosse Mayor Duane Favel says all four communities are very excited about the partnership and optimistic it will help generate wealth for their people.

"We certainly understand that there's rich economic opportunities that exist in northern Saskatchewan," explains Mayor Favel. "And, by coming together as four communities, we hope to take advantage of some of those opportunities."



Mayor Harold Aubichon of Cole Bay, Deputy Mayor Elaine Malbeuf of Beauval, Mayor Duane Favel of Ile a la Crosse and Mayor Tony Maurice of Jans Bay pose with their copies of the new business Charter they agreed to.

(Photo by John Lagimodiere)

"The theme that we move forward with is that we no longer want to just survive. We want to thrive."

The four leaders hope to pursue partnerships in the oil and gas and mining sectors as well as look into "green" projects such as biomass energy heating, and pelletizing, notes Gene Kimbley, the CEO of Primrose Resources.

"We're in the process of talking to a company now about training some of our young people to do environmental monitoring."

The group is also going to look at warehousing and expediting possibilities as well

as the feasibility of a co-operative grocery and hardware store and a credit union or bank for the region's roughly 2,500 people.

Each community owns 25 per cent of the corporation regardless of its size. Ile-a-

la-Crosse is the largest community with more than 1,300 people, Beauval has 812, Jans Bay has 170 people and Cole Bay has 155.

Favel believes the group will be more successful by working together.

"Collectively, I think we have much more opportunity in terms of securing contracts with businesses and forming partnerships that will allow us to secure work and contracts and hopefully bring the wealth back into our community."

The next step for the corporation is to choose a board of directors, which the CEO says will be made up of primarily business people with only a couple political figures. From there, Primrose will work with Business Ready Investment Development Gateway to develop a strategic investment plan. Bachiu says they are already looking at a number of projects and will likely enter the analysis phase right away.

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PotashCorp seeks Aboriginal workers

By Leisha Grebinski
For Eagle Feather News

The world's largest fertilizer producer is taking steps to ensure the province's First Nations and Métis people are part of its business plan.

"We wanted to make sure that First Nations and Métis people were benefiting," says Leanne Bellegarde, PotashCorp's Director of Aboriginal strategies.

PotashCorp hired Bellegarde as a consultant in 2010 to develop an Aboriginal strategy for the company. In August the company hired Bellegarde permanently so she could see her recommendations become a reality.

Bellegarde says although PotashCorp had made previous efforts to connect with First Nations and Métis representatives, the company did not have a sustainable plan that could move their efforts forward.

"PotashCorp recognizes Saskatchewan is where it lives and works," she says. "We know there is more to be done to make sure First Nations and Métis people have opportunities here."

PotashCorp formally announced its Aboriginal recruitment and retention strategies when the company promised to strengthen its commitment to the province of Saskatchewan after a hostile takeover bid failed by Australian mining-giant BHP Biliton.

Bellegarde says one of PotashCorp's top priorities is finding a new labour pool and the logical place to look is within the Aboriginal community.

"Never in the history of the company have we ever had to worry about recruiting a labour force. We are the classic example of a Saskatchewan company that has always had a steady supply of folks," she says. "Five years ago we didn't even have a campus recruitment strategy."

PotashCorp has developed recruitment strategies as the company is on the brink of new expansion projects and a significant number of employees will be retiring.

"Let's make sure Aboriginal people know about the jobs right now," says Bellegarde, who

has been speaking to First Nations and Métis leaders about potential employment opportunities which she hopes will encourage Aboriginal people to submit their resumes.

In addition to on site jobs at one of PotashCorp's five mines, the company also hires local suppliers for various services such as carpentry, earth movement, concrete pouring, etc. Bellegarde says there is potential for PotashCorp to partner with Aboriginal people for such contracts.

Bellegarde says PotashCorp is looking at ways to train First Nations and Métis people to compensate for the education gap often prevalent in Aboriginal communities.

In January, PotashCorp launched two partnerships that Bellegarde says will hopefully lead to trained employees. One partnership, with the Saskatchewan Indian Institute of Technology in Yorkton, is training 12 people to do specific work at a nearby mine.

"They will be offered opportunities at the Rocanville mine," she says. "So hopefully they decide mining is for them."

Another program is training 20 people from the Prince Albert Grand Council's First Nations communities.

"Out of the successful applicants, those who successfully complete could end up at any of our sites," she says.

PotashCorp has been under criticism from the Federation of Saskatchewan Indian Nations who claim the company has left First Nations people out of the boom.

"All companies that operate in our treaty territories, their needs to be certainty that First Nations people are involved," says Chief Guy Lonechild who is concerned that only one per cent of PotashCorp's employees are Aboriginal.

Bellegarde says the number of Aboriginal employees will start to increase, however the company does not plan on doing a head count of First Nations and Métis employees.

"It doesn't seem meritorious to count," she says. "The numbers in Saskatchewan are just going to bear themselves out. It really is the perfect storm of opportunities. We have a retiring

labour force in a province where the growing labour force is First Nations and Métis."

Bellegarde says PotashCorp will only ask an employee if they are Aboriginal if they plan to assist the company in recruitment initiatives.

"That way it serves a purpose. Otherwise it ends up being divisive," she says.

As part of its outreach plan, PotashCorp participated in the Saskatoon Tribal Council's career information session at White Buffalo Youth Lodge. People heard presentations on career opportunities and they could meet with human resource officers from the company.

"We had a good response of resumes," says Bellegarde. "It's important to make sure Aboriginal people are getting into the applicant pool and we'll continue to see more of those initiatives."

PotashCorp is committed to giving back to the community and Bellegarde says the company is now trying to find Aboriginal organizations who might benefit from some of the profits. For example, Bellegarde says PotashCorp made significant contributions to Saskatoon's Friendship Inn and the White Buffalo Youth Lodge.

Another component of Bellegarde's Aboriginal strategy is to incorporate Aboriginal awareness training in the workplace for all levels of employees.

"We want to deal with misconceptions that persist



PotashCorp's Leanne Bellegarde.

about First Nations and Métis people and put some of those myths to rest."

Overall, Bellegarde says she is excited to work for a company striving to strengthen its Aboriginal employee base.

"I just really believe there is a lot of commitment at PotashCorp to do this right and to do this sustainably," she says. "It's very clear, at a senior executive and board level, there is a commitment and I think that's very compelling."

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Regina (SK)

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PRESENTATION SUR LES CARRIÈRES

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Saskatoon, SK

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



New funding will help Aboriginal students play role in ag economy

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

University of Saskatchewan College of Agriculture and Bioresources announced new Aboriginal initiatives on January 14 at a press conference.

Dr. David Natcher has been appointed new assistant dean of Aboriginal programs and research, while the Sprout Foundation, a philanthropist trust with a focus on providing recipients with the means to become self-sufficient, donated \$1 million to support a proposed post-graduate program for Aboriginal students.

The funding will support program development while also providing bursaries for Aboriginal students.

The post-graduate program has been a year in the making, said Natcher, and while developing it they worked closely with the current Indigenous land management course that is already successfully running through the College.

Don Ross spoke on behalf of Blaine Favel of One Earth Farms, calling this development “another important part of the big picture” since agriculture is the heart of the prairie provinces, and will give Aboriginal people a chance to play a key part in the economy.

Natcher said that with his background and the Indigenous land management course at the U of S – which already has 89 graduates so far – it’s clear that the U of S has “a priority in Aboriginal land management and studies.”

“We want to ensure that what we’re delivering here is relevant to the needs of the community,” said Natcher, adding they’d just found out an additional \$2.5 million over the next seven years would also be available to Aboriginal communities and programming.

“I’m thrilled to be appointed to this position.”

He added that seven scholarships are being awarded this year in the new post-graduate program, with all but one candidate from Saskatchewan, and next year he expects they will run at full capacity with 12 to 15.

Any Aboriginal person with a bachelor’s degree is eligible to apply to the program, which will provide them with practical training in agribusiness and land management, so that they can operate in Aboriginal communities with the agribusiness sector.

Natcher said that it is important to keep the education relevant and flexible, accommodating the schedules of their students, with much of the programming practical and field-based in addition to the more traditional lectures.

Their current Indigenous land management program has been a success so far, with unique delivery that allows existing land managers to further their education while



Don Ross says it’s important that Aboriginal people participate in agriculture.

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ABORIGINAL RESOURCE OFFICER**

Job Description
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Qualifications

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- Post secondary education or an appropriate combination of education and experience
- Strong computer skills
- Knowledge of aboriginal culture and community resources
- Demonstrated strength in interpersonal, communication and conflict resolution skills
- Comfortable speaking in front of small groups
- Able to work flexible hours, evening and weekends
- Valid drivers license and reliable vehicle combined with ability to travel within program area
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First Nations press for share of resource revenue

By Leisha Grebinski
For Eagle Feather News

First Nations leaders are continuing to ask for a share of the profits reaped from the province's natural resources.

"This issue hasn't gone away since First Nations started to raise it in the eighties and nineties and the issue isn't going to go away," says Guy Lonechild, Chief of the Federation of Saskatchewan Indian Nations.

FSIN has recently upped its bid for an official resource revenue sharing agreement with the province.

Lonechild says a potential agreement would guarantee jobs and training opportunities for Aboriginal people in the resource sector.

He also wants to see a designated share of resource revenues to end up in the hands of Aboriginal people and he wants government and industry to facilitate First Nation's ownership of mineral assets.

"We feel that since the province has been so negligent in their respect to consult with First Nations, there needs to be considerations made for replacing the livelihoods of First Nations people in Saskatchewan," he says.



BILL BOYD

FSIN met with government officials at the start of the year to discuss a resource revenue sharing agreement.

"I would say that we have a direct responsibility for making sure First Nations people are included in all areas and we take that very seriously," says Energy and Resource Minister Bill Boyd.

He says the government is willing to sit down with First Nations leaders, but maintains government holds jurisdiction over the province's resources.

"The natural resources of the provincial are under the jurisdiction of the province and I don't see that changing," says Boyd who refers to the 1930s transfer agreement which gave Saskatchewan, Manitoba, and Alberta control over its natural resources.

Boyd says all residents of Saskatchewan benefit from the profits generated by natural resources.

"Everyone is a beneficiary because the natural resources generate royalties that are spent on health care, education, and highways. When it comes to revenue sharing, all the people, including First Nations, benefit from it."

But Perry Bellegarde, Chief of Little Black Bear First Nation who has been leading the charge on resource revenue sharing on behalf of Treaty Four Territory, disagrees saying Aboriginal people are not on equal ground.

"We need a direct strategy for First Nations people because we are not equal in terms of quality of life. We're not equal when it comes to income because our average income is below the poverty line. We're not equal in length of life or quality of life," he says.

Bellegarde also disputes the government's reference to the 1930s transfer agreement because he says no consent was given by First Nations people in that agreement.

"We need to follow the treaties and the principles of peaceful coexistence and share the depth of the plough with the newcomers," he says.

"We need to be involved and we need to start sharing in this resource wealth."

Lonechild agrees, saying the province has constitutional obligations to First Nations people.

"Although the province states the resources are exclusive rights of the province when it comes to the resource transfer agreement, that's not entirely accurate. The treaty land entitlement framework and section 35 of the Canadian constitution says that Aboriginal and treaty rights will be protected under Canada's constitution and the treaty rights to land and resources are specifically mentioned in that agreement."

Bellegarde says both government and industry have a responsibility to ensure First Nations people benefit from the province's resources.

"The province has to quit issuing licenses to businesses until they have a plan to deal with recruitment and retention of Aboriginal people. There needs to be a direct partnership with First Nations people."

"We need to be involved and we need to start sharing in this resource wealth."

– Perry Bellegarde

Bellegarde says if government isn't willing to negotiate, he will consider legal action along with other Treaty Four chiefs.

"We've tried to sit down for years and it's not working," he says. "Treaty Four will be looking at which law firm and will proceed accordingly."

Lonechild says FSIN is not considering legal action just yet and instead hopes to continue to discuss possibilities with the government.

He is also looking to other regions to see how First Nations communities have negotiated resource agreements. Lonechild says both Manitoba and Ontario First Nations are currently negotiating resource revenue agreements.

"There are many First Nations across the country that have demonstrated leadership in negotiating and securing agreements with industry or companies," says Lonechild.

"Their leaders are negotiating very tough on their behalf to generate opportunity for their people," says Boyd. "We will continue to do our very best to allow for and provide for maximum opportunities for First Nations people. But we have limitations as well."

Meanwhile, Chief Reginald Bellerose of the Muskowekwan First Nation has signed an agreement with Vancouver-based Encanto, a potash exploration company.

This deal could lead Muskowekwan to own and operate a potash mine on First Nation land.

"The key thing right now is as First Nations people, we need our own source of revenue. We can't continually depend on constitution agreements with Canada," he says.

According to the agreement, Muskowekwan would receive three per cent of the profits from a potential mine.

"We could actually create our own local economy. There will be a lot of spinoffs and infrastructure needed," he says. "For example, we're having a hard time attracting doctors because there is no economy. It's hard to attract business because there is no economy. This kind of partnership could be the driver for a local economy."

Some members who live off-reserve contacted media to publicly state their concern with the Encanto deal, saying they did not understand the details of the agreement.

Bellerose says Muskowekwan will be holding a referendum vote on the mineral rights designation following band elections on February 28. He says a public vote must take place before Indian Affairs can sign off on the agreement.



PERRY BELLEGARDE

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IMPROVEMENTS AT NORTHERN LIGHTS

A special leather cutting ceremony was held recently at the Northern Lights Casino in Prince Albert to celebrate the first phase of the casino's renovation and expansion. "We are making a significant investment to meet the needs of our customers and staff to support the continued growth at Northern Lights Casino," said Richard Ahenakew, Northern Lights Casino General Manager. "I am happy to be opening the new smoking room, and I look forward to completing the interior renovations in the spring." The Northern Lights Casino Expansion is a 4,500 square foot addition to the south side of the casino. It holds 203 slot machines. In addition to the casino expansion, major renovations of the existing casino are also underway. These renovations include painting the exterior of the building, new carpet, new interior wall finishes and upgrades to the Starlight Lounge. Once the expansion is open, the existing gaming floor will become smoke free and smoking will only be allowed in the Starlight Lounge and in the new enclosed expansion area. "At SIGA, we are constantly striving to exceed customer expectations," said Zane Hansen, SIGA President and CEO. "The opening of the expansion is the first phase in providing our customers and staff with a clean air environment. This project is part of our commitment to ensure our patrons and employees are offered the most comfortable and entertaining environment available, including enhanced ventilation systems."

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- Dr. Gabor Maté, M.D.
- Senator Sol Sanderson
- Edie Holcomb
- Ted Nolan

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- Pre-Conference Keynote and Workshop featuring Dr. Gabor Maté, M.D.
- Gala Evening Dinner featuring the premiere of the play, "My Kohkum Prayed For Me" based on the book by T4SSP staff, Vera Tourangeau and an inspiring Keynote Address from Ted Nolan (*sponsored by Ministry of Education – First Nations, Métis & Community Education*)
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2011 Treaty 4 Education Conference



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Saskatchewan Native Theatre's Three Little Birds explores life's journey

By Darla Read
For Eagle Feather News

The journey of life and fulfillment are explored in Saskatchewan Native Theatre Company's latest production.

Kenneth Williams' Three Little Birds was suggested by Tantoo Cardinal and Gordon Tootoosis, who are acting as interim artistic directors for the theatre company. Cardinal is also acting in the show, along with Ntara Curry and Aaron Shingoose.

General manager Alan Long says the production works well for SNTC as it's a good show with a small cast.

"We're transitioning hopefully in a couple of years into our own theatre, but for the next foreseeable future, we'll be doing productions in other facilities, and so this fits that area because it's a smaller play."

Long adds Williams is a bit of a "hot ticket" item as he's had a lot of productions recently at Persephone Theatre and notes that people will obviously recognize the names of others connected to the play, such as Lorne Cardinal as director and Tantoo Cardinal.

The story is set on a reservation but it's not a story that is exclusive to Aboriginal people, says Long, noting it's universal.

"It's about your life's journey and when you get towards the end of the journey, you look back and you reflect. You think, 'Have I done everything I've wanted to do?'"

Annie (Cardinal), an elderly woman, is dealing with cancer, forcing her to reflect on her life's journey and if she has accomplished everything she wanted to. She realizes she's never become a Kokum and would love to have grandchildren. However, her daughter, Kerry (Curry), has other things on her mind, focusing on her career and concerning herself with her mom's health. Even though Annie is sick, she reaches out to Troy (Shingoose), a young single father who is a bit desperate.

"The story is about her reaching out to a young guy with a baby that she can be a grandmother to and the conflict that that causes because she is fighting cancer and her daughter is concerned about her, so there is an interesting three-way dynamic between the 'three little birds' in the show," says Long.

Three Little Birds runs March 3 to 13 at the BackStage Stage at the Remai Arts Centre. Tickets are \$20.

New GM hopes to explore some new ideas at SNTC

Alan Long has worked in a variety of roles at SNTC over the past 10 years and took over the position of general manager at the start of the New Year.

"I thought maybe I could help them. I do have a lot of ideas. I thought I could help them see a different way of approaching some of the problems that need to be solved," Long explained.

SNTC is well-known for its Circle of Voices program that educated and empowered youth through acting.

However, Long thinks the company has evolved to where there can be professional productions done as mentorship productions "where the professional actors and directors and stage managers and props and technical staff also take on the role as mentors to young people who come and learn as they help produce a production."

"There's been a lot of talk amongst board members and myself that this mentorship model might be one model we might do. We haven't dismissed doing the COV program again. All that stuff is up for discussion, though."

Long also wants to reach out to alumni of past SNTC training programs as he says they could potentially help develop programming and also create a membership base.



ALAN LONG



Ntara Curry, Tantoo Cardinal and Aaron Shingoose are the cast of Three Little Birds, SNTC's most recent professional production. (Photo by John Lagimodiere)

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Three Little Birds

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Blackstone good, but a little too dramatic for me

I confess that most TV shows I watch are done strictly online. I have a hard time committing to specific airtimes with regular programming, so I find it much more convenient to watch 30 Rock, Desperate Housewives and Jersey Shore at free sites like Megavideo and mtv.ca.

enhance the plot – and used too much, becomes amateurish, like Blair Witch.

Ron E. Scott's *Blackstone* is undoubtedly compelling and interesting, that's for sure. I'm sure many people will liken characters to their own Chief and Councils and inter-family rivalries. The

imbalanced to me.

I know that there are six or seven more episodes remaining, and *Blackstone* is meant to be a drama, but I think that in order to really resonate and connect with viewers the show needs quality down time where the nurturing, loving, and



humorous sides of reserve life are equally explored.

This would not only serve to balance the show, but it would also easily heighten the more dramatic elements by direct contrast.

I will tune in again though because I'll admit, I really do like the ousted Chief Fraser, played by Eric Schweig. He's definitely my favourite character so far because he plays a very convincing douchebag. That's a compliment to his acting!

The other cast members like: Nathaniel Arcand, Gordon Tootoosis, Michelle Thrush and Roseanne Supernault equally seem well-chosen and I'm looking forward to seeing more of *Blackstone*, and what develops on this fictional reserve.

Tune in to APTN on Tuesdays, check local times – but it will likely be on at 10 p.m.

If there's an artist, entertainer or event that you think I should know about, email me at: snazzyjess@hotmail.com. Take care until next time!



Actor Eric Schweig plays the ousted Chief Fraser in *Blackstone*. Here he pokes Nathaniel Arcand's character Victor Merasty in the chest. Columnist Jessica Iron describes the ousted Chief Fraser as a very convincing douche bag. (Photo supplied)

Yes, I watch *Jersey Shore*. Stop judging me.

So, when I had to tune in to APTN for *Blackstone*'s premiere at 10 p.m. on Tuesday, January 25, I was a little nervous. There are too many cords and buttons connected to my TV for the Wii, the DVD player and what is that ... a cable box?!

I panicked. With my heart thumping wildly at the big techie mess in front of me, I valiantly attempted to figure it out all by myself ten minutes beforehand. Yeah right. Big mistake.

After fidgeting and yelling for approximately nine and a half minutes, my ten-year-old kid came along and rescued his mother. Within seconds the nerdy-kid-genius had APTN up and running and I began breathing normally once again.

The show opened with a wobbly scene in the woods where a group of kids were getting high. So the drama began.

I knew it was going to be a controversial and raw story, but shaky cameras give me a headache, so it only made the opening scene harder to watch. I suspect the freehand cameras were intentionally used for that effect. However, as the episode progressed and even into the second episode, which I watched a week later, the shaky camera continued. I think the shaky camera effects distract from the story. It's a gimmicky effect that doesn't

timing of its release oddly coincides with news coverage of several corrupt and dysfunctional chiefs in Saskatchewan, in what appears to be life-imitating art ... or vice versa.

Perhaps it is time to expose the realities of many reserves, but as I scanned status updates on Facebook after the show, it seemed that the storylines were loaded with emotional triggers for some, while they were wholeheartedly embraced and celebrated by others.

At certain points I really appreciated the brutal honesty, particularly when the new chief, played by Carmen Moore, reminded the band members that they couldn't blame everything on Ottawa, and that they had to stop playing victims and start taking control of their own lives and their band. Her character, Chief Stony, seems capable and intelligent, and she offers the refreshing promise of change.

One issue I had with *Blackstone* was that there weren't enough 'soft' moments. It was all drama, drama, drama. There was a lot of yelling, swearing, drug and alcohol abuse, a rape scene and a suicide. Yes I understand that these are all realities for many Aboriginal people, but I had the privilege of growing up on many reserves in Saskatchewan and have been lucky to meet so many wonderful, kind, generous and funny Aboriginals too.

In that respect the show just seemed



Jim Settee: The Way Home Tour inspiring

“Inspiring, informative, loving, historical, awesome, fantastic, moving, respect, community, wonderful teaching.” – High school student reviews of Jim Settee: The Way Home

Jim Settee was an oral historian, spiritual mentor, and renowned tracker, whose search for a lost boy near Waskesiu takes the filmmaker into our universal search for home, and into values that guide us in life.

As director, Jeanne Corrigan introduces the film through the story of the lost boy. Following the screening, she facilitates reflection on the themes of the film inviting students and the general audience to consider for themselves what paths they walk and how they can come ‘home’ in their own lives, and to their own stories.

Settee’s story includes curriculum links in First Nation and Métis Studies, cross cultural connections, environmental awareness, family and community building, inter generational learning, kindness, respect, and other life values. He was an oral historian consulted by First Nation, Métis, Pioneer, academic and forestry groups across the province. As an inspiring lifelong learner, he decided to go to college at 80 years old, and at 86, he became the oldest man to become a priest in the history of the Anglican Church.



JIM SETTEE

His story is also one of healing on issues such as the residential school experience, timber surrender issues, racism, and dislocation.

The Principal of Westview Community school in Prince Albert writes that, “The presentation was informative, sincere, and full of visual storytelling. Our students, from Grades 1 to 8, sat for one and a half hours in a respectful manner. They sat focused and intrigued. Our students do not always sit quietly if the presentation is long, so the teachers and parents were very impressed.

“Something that we took ‘home’ from the event is that story and history is important to our journey and our students want to know their past.”

Following the film, high school students described ‘home’, as “A place where you have an understanding of who you are.”

Asked what they were taking ‘home’ from the event, students said “a love and respect for others and nature” and “it makes me want to get back to my culture.”

Asked how this deepened their understanding, another student wrote: “to not judge people by their colour. To not judge the Métis. This video should go to other schools.”

Director Jeanne Corrigan is available to come to any school or organisation to screen the film, for \$100 honorarium per presentation. This tour is generously supported by the Sask Arts Board and the Métis Cultural Development Fund. The film has screened to Grades 2 - 12 and into post secondary. Grade 4 and up are the best matches.

To book a presentation or for more information, please contact tour manager Leanne Kadyschuk, at daisykadyschuk@yahoo.ca



Director Jeanne Corrigan has taken the story of Jim Settee in a new direction.

PureFe perfect for blues festival

The Saskatoon Blues festival rolls from February 24-27 at venues throughout Saskatoon.

Joining the festival this year is PuraFe.

Pura Fé’s music celebrates her heritage and legacy combining Aboriginal music with traditional blues. She was named by her Puerto Rican father (her name translates as “pure faith”) and raised by her mother from the Tuscarora First Nation from North Carolina.

In addition to the blues, Pura Fé is internationally known for her work with the a cappella trio Ulali, and is a part of the Deer Clan Singers who perform Iroquois-based social dance and song.

Before taking off for Europe for a string of dates, Pura Fé brings her lap slide guitar and compelling voice for her Saskatoon debut February 25 at the Hilton Garden.



Funding Available for Cultural Activity

SaskCulture offers a variety of funding programs to support cultural activity in communities throughout Saskatchewan.

Métis Cultural Development Fund
Supports community-based cultural activities and initiatives that preserve and pass on the Métis culture and traditions.
Deadlines: May 15 and October 15

Aboriginal Arts & Culture Leadership Fund
Aims to increase capacity in Métis and First Nations communities through the development of arts and cultural leadership opportunities involving youth and mentors.
Deadlines: April 15 and October 15

Capacity Building Grant
Supports capacity-building opportunities in existing, new and emerging cultural organizations.
Deadlines: May 15 and October 15

Multicultural Initiatives Fund
Supports, multicultural, ethno-cultural and Aboriginal cultural initiatives and activities, as well as initiatives that contribute to the advancement of cultural understanding in Saskatchewan.
Deadlines: April 15 and October 15

For more information, contact Damon Badger Heit at (306) 780-9251 or toll-free at 1-866-476-6830, email: dbheit@saskculture.sk.ca, or visit www.saskculture.sk.ca.

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SaskCulture LOTTERIES CULTURE BUILDS COMMUNITY

Saskatchewan Arts Board releases its new strategic plan

Following a series of consultations with the province's arts community in 2009 and 2010, the Saskatchewan Arts Board is pleased to announce the release of its new Strategic Plan.

"This Strategic Plan continues a tradition established in 1948 of being responsive to change in the needs of the arts community," says Byrna Barclay, chair of the Saskatchewan Arts Board.

and collaboration between the staff and board of directors of the agency. It has not been assigned an end-date, as it is a living document that will evolve along with the needs of Saskatchewan's arts community.

"Changing technology, tight budgets, new forms of artistic expression; the challenges and opportunities facing the arts sector are numerous," says David Kyle, executive director of the Arts Board.

"This plan articulates the basis on



"It speaks to the rich and intertwined relationships among artists, arts organizations and the people of Saskatchewan, the benefits that flow to society from those connections, and the Arts Board's role in moving it all forward."



DAVID KYLE

The plan is rooted in community consultations, provincial legislation (The Arts Board Act, 1997), the province's cultural policy, Pride of Saskatchewan,

which the Arts Board will work with our clients and partners to continue to build on the great work of those who have gone before us."

The five goals articulated in the plan are:

- Saskatchewan artists pursue their creative work and careers in a dynamic, culturally diverse environment.
- Saskatchewan arts organizations have the capacity to pursue their mandates and to be viable and sustainable over the course of their existence.
- The people of Saskatchewan value the power of the arts as a way of contributing to the quality of their lives and the vibrancy of their communities.
- Saskatchewan artists and arts organizations are vital contributors to the provincial economy and a healthy society.
- The Arts Board leads the way in innovative stewardship of the arts in the province.

The Arts Board's mission is to cultivate an environment in which the arts thrive for the benefit of everyone in Saskatchewan. It serves the people of the province through programs and activities designed to build a strong and vibrant arts sector

Robson proud of success

As President of the First Nations University Students' Association, Jesse Robson cares about his school.

"The students here are smart, passionate and stomping on the stereotypes they've grown up with," Robson said.

"The executive leadership at our school now, is the exact opposite of what it was a year ago."

A new President and a new Board of Governors, has the First Nations University of Canada achieving benchmarks they were not able to a year ago.

Robson grew up in Regina. His father was a survivor of the residential school system, but passed away from a drug overdose when Jesse was seventeen years old.

"I think about that all the time. I use that as the driving-force for accomplishing my goals," Robson said.

"Growing up, the Indian kids thought I was white, and the white kids thought I was Indian. It was tough to fit in," he said.

As an adult, he's not worried about fitting in.

"As a kid, I wanted to be the same. Now, I thrive on being an individual. Fitting in is overrated."

Overcoming challenges is part of everybody's life and he wants his fellow students to know that.

"Getting an education isn't easy, but I'm the father to an intelligent two-year-old girl and husband to my beautiful wife, it's one of the most important things I'll ever do," he said.

Graduating this spring with a major in Political Science and a double minor of Indigenous Studies and English, Robson looks forward to life after school. Right now, he is going to school full-time and working as a creative writer for a federal Crown corporation. "As First Nations people, it's not enough to be proud. We have to be proud because we are succeeding," Robson says.

"Our children need to see us as role models; they need to know success is in their blood."



JESSE ROBSON



Arts Board Grant Deadlines

The Saskatchewan Arts Board announces the following deadlines for grant applications in support of the work of Saskatchewan artists and arts organizations:

Independent Artists Grants
Deadline: March 15, 2011

Project Grants: ArtConnect, ArtInquire, ArtVenture
Deadline: March 15, 2011

SaskFestivals Annual Grants
Deadline: April 15, 2011

Indigenous Pathways Initiative Arts Grants
Deadline: April 15, 2011

Creative Partnerships - Innovations Grants
Deadline: May 16, 2011

Premier's Centennial Arts Scholarships
Deadline: May 16, 2011

Prince Edward Drama Scholarships
Deadline: June 1, 2011

For grant descriptions and applications, visit:
www.artsboard.sk.ca/grants

APPLICATIONS AND SUPPORT MATERIAL MUST BE POSTMARKED ON OR BEFORE THE DEADLINE DATE.

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Our mission is to cultivate an environment in which the arts thrive for the benefit of everyone in Saskatchewan.
www.artsboard.sk.ca



Lonechild guilty of impaired driving

By Delaney Windigo
For Eagle Feather News

Guy Lonechild, Saskatchewan's top chief, has pleaded guilty to impaired driving. The charges stem from a late night incident in early September 2009, just one month prior to his election to chief of the Federation of Saskatchewan Indian Nations (FSIN).

In a written apology Lonechild said he was "returning home after a game of golf and drinks with some friends," when he was stopped by Saskatoon City Police.

The traffic stop took place in Saskatoon's downtown area. Saskatoon City Police spokesperson Alyson Edwards said police attempted to stop Lonechild's vehicle but Lonechild ignored those attempts.

"They (Saskatoon City Police) attempted to conduct a traffic stop involving a half ton truck and when they did attempt to pull that vehicle over the vehicle did not immediately stop," Edwards added, "It (Lonechild's vehicle) proceeded to cross the University Bridge and then stopped on the 1000 block of College Drive. At that time the driver was charged with refusing a breath sample and failure to stop for police," said Edwards.

However, the Crown dropped the breath sample charge after Lonechild pleaded guilty to impaired driving.

In an apology Lonechild stated, "I want to acknowledge I have made a serious mistake, and I apologize to everyone, especially my family, my colleagues and the First Nations people of Saskatchewan," adding "I accept full responsibility for my actions of September 3, 2009."

According to Lonechild, the FSIN Credential Committee was aware of his charges during the nomination process.

"After the review by the Credential Committee, they determined I was eligible to run and my candidacy was legally valid," said Lonechild.

Although some may question his credibility as Saskatchewan's top First Nations leader, Lonechild said in a statement, "I wish to reassure you that this incident in no way affects my ability to discharge my responsibilities as Chief of the FSIN."

Lonechild is currently awaiting a March 23 sentencing hearing in Rosthern, located about 60 kilometres north of Saskatoon.

Lonechild resides in Saskatoon and it is unclear why his hearing was moved to Rosthern.

His lawyer, Darren Winegarden refused comment saying it is not in the best interest of his client.

In the meantime, Lonechild does not intend to step down from his duties as chief of the FSIN.

"I can assure you that this incident in no way impedes my ability to continue serving you as the chief of the Federation," said Lonechild.

A spokesperson for FSIN said none of the vice-chiefs would comment on this incident.

FSIN Chief Guy Lonechild has been convicted of impaired driving. However, the Chief says he has been honest about sharing information about his legal troubles with the Federation. He says he made a full disclosure prior to the 2009 election that saw him elected to the top post at the FSIN.

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Mike Linklater did what it took to win

Mike Linklater is a true home grown hero. Growing up and playing basketball in the Riversdale neighbourhood of Saskatoon, he avoided the temptations of drugs and alcohol and grew up to be a role model, national calibre athlete and father of four. In 2010, he helped lead the University of Saskatchewan Huskies Basketball Team to their first CIS National Championship. Now finished school and working for SaskSport, we caught up with Linklater to get his thoughts on athletics, success and leadership.

Other than being named Sportsman of the Year, what was your highlight of the Kinsmen Dinner?

I would have to say meeting Joe Sakic and John Elway.

You have had a great year...CIS Tournament All Star, National Champ, Sportsman of the Year. To what do you credit your success?

First and foremost, my grandparents Maria and Walter Linklater. Without their

guidance, love, and teachings I would not be where I am or who I am today. Then the list of people who have helped me with my game, Willie Murdough, Mike Tanton, Sean Tyson, Barkley Patterson, Shane Reader, and Scott Ferguson. And I can't forget White Buffalo Youth Lodge Gym and the countless hours I spent in there.

Did the pressure of being Captain ever get to you? How did you deal with the stress?

I'm one of those weird people who work better under pressure, so it never got to me. I didn't find it to be that stressful, but if there was ever an issue that needed to be dealt with, I would address it and move forward. During games I never felt pressure, when it would get close it seemed like everything slowed down, and things became clear in my mind. I would just do what needed to be done for us to get the win.

What is the best basketball trash talk



U of S basketball star Mike Linklater is Saskatoon's Sportsman of the Year.

you have ever had? (Remember kids read this!)

When we were playing UBC in the CanWest Semi -Finals, I was guarding Josh White (player of the year) and I told him it was going to be a long night for him. He can't dribble very well with his right hand so I kept forcing him right and he wouldn't go. Then we met again in the National Finals and I asked him if he had worked on his right hand, he simply replied "you again" with a concerned look on his face. I just laughed.

Who is your basketball role model and why?

NBA would be Michael Jordan. I grew up watching him play. His work ethic and will to win was what I admired the most. Personal basketball role model would be Willie Murdough. He had the same work ethic and desire to win that I admired from MJ. "lil bill from da hill" is what we called him. He took me under his wing when I was in Grade 9 and showed me how to play like no other. He has two CBA Championships, a few defensive player of the year under his belt. He taught me how to win.

How do we get youth to choose the right path and avoid the temptation of partying and the gangs?

I think that it has a lot to do with popularity and social issues; everyone wants to be liked and/or respected. But I will tell you from experience, I have gained more respect from a broad range of people by abstaining from drugs and alcohol than any award I have ever won. Growing up I did not want to be like everyone else, I wanted to be different. I didn't want to follow, I wanted to lead. So I simply made my own decisions, I didn't let anyone make them for me. But I would say most importantly, know who you are, where you come from, what you stand for, and what you believe in.

Do you have a motto or tips for youth out there?

Yes I do. We as human beings set our own limitations. For myself, I didn't set any. I did whatever it took to get me where I wanted to be. So for kids out there wanting to do something with their lives and achieve something high, it's up to them to do that. Nobody is going to do it for them.

Metis Nation - Saskatchewan

Presents

2011 National Aboriginal Curling Championship

April 1, 2 and 3, 2011

Saskatoon, Saskatchewan

Granite Curling Club, 480 - 1st Ave. North

Men
32 Team Limit
\$500.00 Entry Fee

1st: \$6,000.00 Plus Jackets
2nd: \$4,000.00
3rd & 4th: \$2,000.00 each
5th-13th: \$1,000.00 each

Youth 16 & Under Male (8 teams) Division
\$100.00 Entry Fee

1st: \$600.00 Plus Jackets
2nd: \$400.00
3rd: \$100.00
4th: \$100.00



DEADLINE TO ENTER: MARCH 25, 2011

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2nd: \$2,000.00
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Youth 16 & Under Female (8 teams) Division
\$100.00 Entry Fee

1st: \$600.00 Plus Jackets
2nd: \$400.00
3rd: \$100.00
4th: \$100.00

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For more information or to enter a team please phone
Louis Gardiner at 306-833-2007 or
e-mail l.gardiner@sasktel.net or cell number 306-833-7766

Tournament committee not responsible for theft or injuries incurred during this event.

Proceeds from this event to Metis Youth & Sports Fund.

Impressive lineup for Saskatchewan Sport Awards

A familiar sporting face and an upstart group of young hockey players have a chance at provincial level acknowledgement of their sporting achievement. Sask Sport Inc. recently announced the finalists and recipients for the Saskatchewan Sport Awards, which include the 2010 Athlete of the Year Awards, Saskatchewan Coaching Awards, and Team of the Year Award. New to this year's awards ceremony is the Officials' Recognition category.

At the National Aboriginal Hockey Championships in Ottawa in May 2010, the Aboriginal Team Saskatchewan Men's Hockey Team won gold. The team's first-place finish at this national tournament was earned against a field of nine other teams and was their third National Title in a row.

That has earned them a nod as Team of the Year in these prestigious awards. They will be in tough though as they are up against National Champion Junior Football Hilltops and CIS National Champions the University of Saskatchewan Huskies Men's basketball team led by Mike Linklater.

The Saskatchewan Sport Awards are held annually by Sask Sport Inc. to celebrate the outstanding achievements of Saskatchewan amateur athletes and those individuals who provide their support so these athletes can achieve their goals. This year, the committee received 88 nominations for the various award categories.

"Our province is home to many talented athletes who excel at the regional, national and international levels, and this is our opportunity to recognize them for their accomplishments.

Our athletes are supported by a vast network of coaches, officials and volunteers and we want thank them for their contributions to our amateur sport system," said Audra Young, Sask Sport Inc. President.

The finalists for the Athlete of the Year Awards are:

Master:

- Russell Hart, Regina, Saskatchewan Rowing Association
- Mike Vincent, Regina, Canoe Kayak Saskatchewan

• Hylke van der Wal, Dalmeny, Saskatchewan Athletics
Youth - Male:

- Jarret Kenke, Saskatoon, Canoe Kayak Saskatchewan
- Michael Qing, Regina, Swim Saskatchewan Inc., and Special Olympics Saskatchewan

• Sam Valentine, Saskatoon, Dive Sask

Youth - Female:

- Emily Schann, Saskatoon, Judo Saskatchewan
- Renae Barks, Regina, Saskatchewan Rowing Association

• Kaylyn Kyle, Saskatoon, Saskatchewan Soccer Association
Team:

- University of Saskatchewan Huskie Men's Basketball Team Huskie Athletics
- Team Saskatchewan Male – National Aboriginal Hockey Championships Saskatchewan Hockey Association

• Saskatoon Hilltops, Football Saskatchewan

The recipients of the Volunteer Recognition Award, Coaching Awards, and Officials' Awards are:

Volunteer Recognition Awards:

- Thomas Victor (TV) Taylor, Warman, Judo Saskatchewan

• Jennifer Ellarma, Kindersley, Special Olympics Saskatchewan

Coach of the Year Award:

- Dean McGarry, Lloydminster, Judo Saskatchewan

Coach Dedication Awards – Male and Female:

- Frank McCrystal, Regina, University of Regina Athletics

• Brenda Bennett, Saskatoon, Saskatchewan Baton Twirling Association

Officials' Awards – Male and Female:

- Blake Lyons, Outlook, Saskatchewan Athletics Association

• Arleen Day, Sifton, Saskatchewan Curling Association

Guest speaker will be philanthropist, motivator and former NHL coach, Ted Nolan.

The success Nolan has had coaching is substantial, and his accomplishments outside of hockey are equally impressive.

The Saskatchewan Sport Awards will be held Thursday, April 7th at TCU Place in Saskatoon.

Tickets for the evening are available for \$75 each, or \$600 for a table of eight.

To purchase tickets, phone 975-0800 in Saskatoon or 780-9300 in Regina, or online at www.sasksport.sk.ca/SportAwards/tickets.php.



Team Saskatchewan won gold at the National Aboriginal Hockey Championships held in Ottawa in 2010. That achievement has earned them a nomination as team of the year.

• Jessica Campbell, Melville, Saskatchewan Hockey Association
Male:

- Ben Hebert, Regina, Regina Sport District Inc.
- Lucas Makowsky, Regina, Saskatchewan Amateur Speed Skating Association

• Jordan Eberle, Regina, Saskatchewan Hockey Association

Female:

- Colette Bourgonje, Prince Albert, Saskatchewan Wheelchair Sports Association
- Colleen Sostorics, Kennedy, Southeast Connection Sport, Culture and Recreation District

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ARE YOU REGISTERED YET?



The MN-S Registry formalizes and clarifies citizenship requirements, aids in the accurate return of statistical data on Métis citizenship, and provides a basis for improving quality of life for all Métis people in Saskatchewan. The objective of the MN-S Citizenship Registry is to register eligible Métis citizens in Saskatchewan through a secure, efficient, standardized, and objectively verifiable process.

Mobile Intake Officers will be visiting communities across the province during February and March.



Our Citizenship Registry & Genealogy Resource Centre

Our resident Genealogist and staff are on hand to help anyone trying to establish their Métis lineage.

Our Collection

The MN-S Genealogy Resource & Archival Centre collection includes:

- local history books for B.C., Alberta, Saskatchewan, Manitoba & Ontario
- guides, atlases and other books relating to the history of people on the prairies
- microfilm of newspapers, church, scrip and census records
- maps
- cemetery records
- genealogy indexes

To book an appointment with an Intake Officer, to use the Genealogy Resource Centre, or to make inquiries about the Registry, contact:

www.mn-s.ca

406 Jessop, Saskatoon, SK, S7N 2S5

(306) 343-8285

Toll free: 1-888-203-6959

THE HISTORICAL METIS A Free One-Day Workshop

A one-day workshop "The Historical Métis" will take place at the Saskatoon Inn on March 12, 2011.

Guest speakers will cover how the governments of Canada and the United States have addressed policy regarding the historical Métis. Participants will also have the opportunity to learn about what types of genealogical records are needed to research Métis lineage, a vital step in establishing the Métis Nation citizenry.

The event is **free and open to the public**. Registration is required for lunch.

A registration table will also be set up for anyone interested in applying for their citizenship cards with the Métis Nation-Saskatchewan Registry Department.

For more information, email Tammy Vallee at tvallee@mn-s.ca or call 306-343-8285.

To register, contact dmcgowan@mn-s.ca