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Best Wishes For This Holiday Season

From our Family to yours, wishing you all the best for this holiday season and throughout the New Year.



Cherokee Prayer Blessing

May the warm winds of Heaven

blow softly upon your house.

May the Great Spirit

bless all who enter there.

May your moccasins

make happy tracks

in many snows.

And may the rainbow

Always touch your shoulder.



We are thankful for our wonderful community and the support of those in it!

OMFRC/Painted Feather Woodland Metis

The articles in this Newsletter are the opinions of the authors and not necessarily those of the producers of The Feathers In the Wind Newsletter.

THE 12 LAKOTA VIRTUES

- 1 Unsüicyapi (Humility)
- 2 Wowacintanka (Perseverance)
- 3 Wawoohola (Respect)
- 4 Wayuonihan (Honor)
- 5 Cantognake (Love)
- 6 Iicupi (Sacrifice)
- 7 Wowicake (Truth)
- 8 Waunsilapi (Compassion)
- 9 Woohitike (Bravery)
- 10 Cantewasake (Fortitude)
- 11 Canteyuke (Generosity)
- 12 Woksape (Wisdom)



12 Lakota Virtues: Essential to Balance and Happiness (Video)

This wonderful article and video about the 12 Lakota Virtues is presented by Sylvan White Hat.

[See The Video Here](#)



Colouring It Forward

Colouring it Forward is series of coloring books featuring First Nations artwork and wisdom. Each book focuses on a different nation.

The founder of the project, an Algonquin Métis woman named Diana Frost wants to tell the stories from the First Nations perspective, and create hope for a better future. The first book is about the Blackfoot Nation, and contains their art and teachings. The artwork is all created by well-known Aboriginal artists, and the writings come from their Elders. The project also helps to sustain Aboriginal artists and their work, and raises funds to support selected first Nations projects - it's a collaboration.

Diana started her project as a way to reconnect with her own Indigenous roots. She was raised not knowing



Click To Watch

The Three Sisters: Beans, Corn and Squash

Most North American Indigenous tribes have some kind of lore about the Three Sisters. In this wonderful video, Chef Nephi Craig of the Navajo Nation talks about their history, importance, and best of all, how to cook with the Three Sisters.

[Click Here to Watch The Video](#)



On The Blog: Marie Olivier Sylvestre: A Special Name in History

Our latest blog post is part 2 of our story about Marie Olivier Sylvestre: her history, her life, and the people and events that led to her being the first Native in Canadian records who married a Frenchman in the colonies. Many Métis families can trace their lineage back to Marie, and we hope this blog post will breathe some life into her story and help her be more than a name in a genealogy.

[Read The Full Post Here](#)

'Man who walks among the stars': AFN honours tearful Gord Downie

Gord Downie, lead singer of the Tragically Hip and an advocate for First Nations people, was honoured at the Assembly of First Nations gathering Tuesday for his work highlighting the impact of residential schools.



AFN National Chief Perry Bellegarde presents The Tragically Hip's Gord Downie with an eagle feather while he is honoured at the AFN special assembly in

roots. She was raised not knowing much about her background or culture, and Colouring It Forward has given her the opportunity not only to connect with the cultures of many Nations in a way that helps others.

[Visit The Website with Video Here](#)



Frybread: Gourmet Edition

Of all the foods most commonly associated with Native American culture, frybread has long been at the center of the table. From one end of the continent to the other, from region to region and tribe to tribe, there are hundreds of recipe variations on the tempting and tasty treat.

Whether inspired by ingredients found close to home or by those from locales a bit more exotic, each of our gourmet variations on frybread bring a creative alternative to the classic treat, and can be down-sized for snacks or appetizers.

[Click Here For Recipes](#)



Wagamese: 'All my relations' about respect

From our deck the world reveals itself slowly detail by detail these summer mornings when morning becomes the ultimate painter. There's a sublime elegance to the way things come together. Light chases shadow into recess and what emerges stands stock still in the slow spill of sunlight as though surprised at its properties and definition.

To be here as morning breaks is to feel unity. It's to feel connected to everything around you and to absorb it, bring it into the very fiber your being, like learning to breathe all over again. It's to come to understand that you are alive because everything

Downie's most recent

project, Secret Path, tells the

story of 12-year-old Chanie Wenjack, who died in 1966 trying to escape from a residential school near Kenora, Ont. An excerpt of the documentary film was played for the chiefs assembled in Gatineau, Que.

National Chief Perry Bellegarde presented the visibly emotional Downie with an eagle feather - a gift from the creator above - and he was given a Lakota spirit name, Wicapi Omani, which can be roughly translated as "Man who walks among the stars."

[Read The Full Story Here](#)



A Member Writes...

This past spring I received a phone call from my sister Deborah, she told me that she was having an outdoor wedding on July 20th and would I would be speaking to approximately 75 of their guests. I responded with an answer of absolutely, it would be a great honor. When wedding day came, it had to have been the most beautiful days of the entire summer. In full regalia, I opened with the explanation of the Iroquois confederacy flag, and the Metis Infinity flag. I spoke of a few stories from Aboriginal history while the guests sat in a large two row circle around my fire. I spoke of Love, Commitment and Honesty. I walked about the crowd while smudging with sweet grass and botanicals. I felt blessed and honored as many, many of the guests came to me through out the day, telling me that it was a beautiful and emotional experience. Once again, the pleasure was all mine as I fought back the tears.

~ Skariwate Darrell Tucker, Vermont USA - Long Time Friend and Member of the OMFRC - Painted Feather Woodland Metis



What Indigenous People Celebrate This Time Of Year

A few days before Solstice, members of some tribes make prayer sticks in honor of an ancestor or native deity. They plant the sticks during a ceremony on the Solstice.

else is. It is to comprehend what your people mean when they say "All my relations."

It means everything. It's not uttered in a casual way nor is it meant to be. In its solemnity it is meant as a benediction, a blessing and a call to this unity you feel all around you in the depth of morning. This phrase, this articulation of spirit, is a clarion call to consciousness.

[Read The Full Article Here](#)



Duncan McCue, host of CBC's Cross Country Checkup

'Who is Jimmy Gwich?': the story behind my radio sign-off

Every week, we get a boatload of tweets, posts and emails at Cross Country Checkup - and we read them all. Last week, we got a funny email from Philip Thompson from Nova Scotia, who asked two questions:

"Who is Jimmy Gwich? And why does Duncan always thank him for listening....but not the rest of us? :)"

It made me laugh out loud, as Philip intended. In order to understand why, you need to know I end every edition of Cross Country Checkup the same way. After reading the credits, I say, "Chi-miigwech... thanks for listening. I'm Duncan McCue. Bye for now."

[Read Article And See Video Here](#)

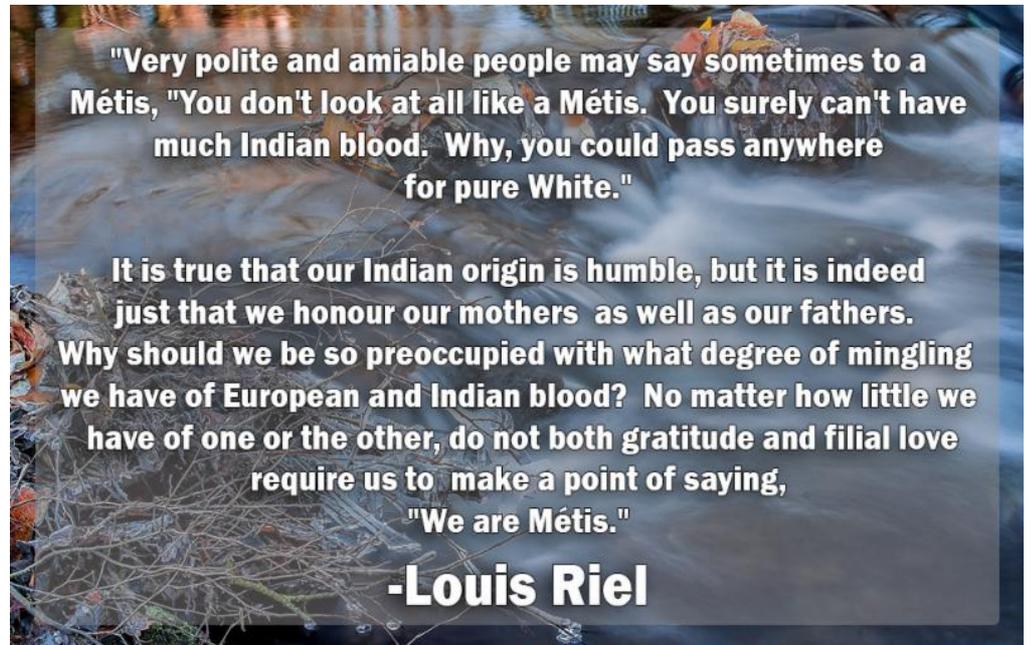
Ontario Métis Family Records Center



Hopi Soyaluna Ceremony, various locations: The Hopis believe that on the shortest day of the year, The Creator has traveled far away from the earth. The Soyaluna ceremony, also known as the Prayer Offering Ceremony, is designed to entice Him to return with ritual dance, music, and gift-giving. The Enchantment Resort in Sedona, AZ, often features a Solstice celebration with a Hopi Soyaluna ceremony.

Australia Indigenous Dreamtime stories obviously do not include Christmas. However, this date in the calendar coincides with other seasonal changes. In Arnhem Land, Northern Territory, Yolngu Aboriginal people will observe the last season of their six-season cycle. Gudjewg, the wet season, begins in late December.

[Read The Full Article Here](#)



**We're on the web!
See us at:**

www.omfrc.org

New Submissions

Our editors are always looking for original

submissions that would be of interest to our community. Do you know of any upcoming events that you would like to share through the Newsletter, Facebook, or our new website?

If you have something you would like to add to future issues we would be happy to consider it; please call or email us with the title "Submission" on the email. Thank you!

omfrcinfo@gmail.com

613-332-4789

MARIE WILCOX IS THE LAST FLUENT SPEAKER OF THE WUKCHUMNI LANGUAGE. (YOUTUBE/GLOBAL ONENESS PROJECT)

Last Remaining Speaker of Native Language Painstakingly Creates Dictionary

In the U.S., more than 130 Native American languages are endangered, and some are spoken by only a handful of people. Marie Wilcox is the last fluent speaker of the Wukchumni language. At 81 years old, the great-grandmother is one of only 200 Wukchumni left living in the San Joaquin Valley of California and has taken it upon herself to revive the language.

The process has taken seven years and required Wilcox to learn to use a computer. "I'm just a pecker, one word at a time," she said. "When I had all these words together, I thought it would be a good idea to try to make a dictionary."

[Read The Full Story and Watch the Video Here](#)

Is your Membership up for renewal?



**Call 1-613-332-4789 and you can
renew over the phone in minutes!**



The OMFRC would like to thank everyone that is standing with us to support the Ontario Metis Family Records Center Community Facebook Page.....your response is nothing short of incredible!

Stay connected and celebrate your heritage! Share that you're a member of the OMFRC Community with your family members on Facebook. It has never been more important to stand up and be counted!

Have you visited our Facebook page? We welcome you to join our OMFRC Community - we want to hear from you.

 Like us on Facebook