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*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.*



**Give the Gift of Heritage That Will Last A Lifetime**



*"When the sun goes down at sunset, it will take part of your life with it."*

*~ Native American Proverb*

*Source: theodysseyonline*

*Photo used with permission from Jen St. Louis Photography*

# Click To Watch



**Watch Now: Gord Downie's The Secret Path**  
In collaboration with Jeff Lemire, the animated film will pay tribute to Chanie Wenjack

On October 22, 1966 near Kenora, Ontario, Chanie Wenjack died when he walking home to the family he was taken from over 400 miles away. Fifty years later, Tragically

Wondering about that perfect Christmas gift for your family members? If you are already a member of the OMFRC, your history has already been documented and confirmed. Why not consider memberships for your children, grandchildren, brothers or sisters. Your ancestry belongs to them too! Consider giving the gift that lasts for a lifetime!

**Contact our offices at 613-332-4789 to get your applications in before the Christmas Rush! Deadline Friday, November 18th, 2016**



### **Humor: Preparing for Winter**

One year, a young Ojibwe boy was given the task of ensuring the entire village had enough food for winter. This was the first time he had been given such an honor and he wanted to do it right. Before he went to work, he decided to call the weatherman to ask what kind of a winter was going to be expected. The weather man told him it was going to be a warm and uneventful winter. The boy thought to himself, "This is great. I won't have to work too hard and I'll be able to look good in front of the whole tribe."

Just to be safe, he gathered a few of his friends and went to work for a week. At the end of the week, after chopping and piling the wood, the boy decided to give the weatherman a second call. The weatherman told him it was going to be a very cold winter. Shocked at the sudden change and not wanting to disappoint his village, he gathered more of his friends and they went to work. For two weeks they cut and piled wood, hoping it would be enough to last the winter.

Once again the boy called the weatherman and this time the weatherman told him, "Son, it's going to be a very bitter, cold and long winter. Maybe the worst winter on record!"

Exasperated, the boy had to ask, "Sir, what makes you say that now?"

The weatherman replies, "The Indians are gathering wood like crazy!"

Hip frontman Gord Downie has taken Wenjack's story and turned it into the Secret Path project, which consists of a solo album, a graphic novel and an animated film. The intention for Downie - went public with his diagnosis of terminal brain cancer in May - is to utilize his celebrity to draw attention to Wenjack's story and the legacy of residential schools.

"Secret Path acknowledges a dark part of Canada's history - the long-suppressed mistreatment of Indigenous children and families by the residential school system - with the hope of starting our country on a road to reconciliation," the project's website states.

### **[Read The Full Story Here](#)**



Full set of Pow Wow Regalia, collar, leggings, moccasin tops, and belt

### **On The Blog: Craftermath - The Art of Métis Beading By C. Major (OMFRC Member)**

The Métis were known as "The Flower Beadwork People" and the beadwork is distinct with its flowing flower designs. Some of the original ideas came from European wallpaper or material patterns and it combined two cultures, French embroidery and indigenous beading. Beading was a very important component of traditional Métis culture, and was proudly displayed on coats, hats, mitts, shirts, pants, ammunition pouches, herb pouches and much more, including horse halters, bridles, blankets and saddle pads.

I came to beading late in life after finding out that my suspicions of native heritage somewhere along the line were confirmed approximately five years ago. I am a true combination of the people who formed the Métis, French-Irish and Algonkian and I have always loved beads and sequins and have always had trouble with "plain".

Since I was young I was attracted to beaded moccasins, beaded jackets, beaded jewelry, beaded sweaters, anything, with "bling". My mother used to say that was "my French side" coming out. In truth I think it was my Métis blood calling out to me.

### **[Read More And See More Beautiful Beadwork Here](#)**



### **Can Metis Be Spiritual and Traditional?**

Recently, I had been called out online for being Metis and practicing what this person interprets to be "First Nation spirituality", this person also said I have to accept criticism so I am thinking about this quite thoroughly as it was a very hurtful experience. Can Metis folks be spiritual and traditional?

My first reaction: Hell ya, Metis are spiritual. My second reaction: Yes of course we are but maybe there is some terminology and ideologies that need to be broken down some more in order to have a fuller understanding.

I think I will start with the idea of "First Nation spirituality". To imply that there are lines and boxes that separate spirituality for First Nations and Metis to follow is not only divisive and harmful, it is ignorant of the shared relationship of First Nations and Metis folks. It also implies pan-indigenaity of diverse First Nations across Turtle Island and confuses spirituality with religion.

### **[Read More Here](#)**



### True Story: Native American Women Warriors in American History

When the Europeans first began arriving on this continent they were amazed that Indian women were very much unlike European women.

Indian women were not subservient to men, they often engaged in work - such as farming and warfare - which the Europeans viewed as men's work, they had a voice in the political life of their communities, and they had control of their own bodies and sexuality. Unlike the patriarchal European societies, Indians were often matrilineal, a system in which people belonged to their mother's clans or extended families. When Indian people spoke of a neighboring tribe as "women" or as "grandmothers", the Europeans often misinterpreted this compliment as a derogatory statement.

[Read More Here](#)

### Our 'Silent Sisters' Voices

In our October issue, we briefly reviewed the close cultural connection of the Metis with Canada's other two Constitutionally recognized Indigenous cultures, those being First Nation and Inuit. We had discussed the legacy of the unions between the European fur traders (men) and First Nation women that gave birth to the Metis culture. However, generations of Metis mothers and grandmothers must be recognized for the primary role that they played in the evolution of our culture. Upon review of our history, it can be argued that our culture grew out of the spirit and strength of Metis and First Nation women. It may even be safe to say that the influence and legacy of our grand-mothers played a far more important role in the birth and evolution of our culture than the European fur traders themselves.



[Read The Full Article Here](#)



### 'This is a good feel': Mama Bear Clan taking back streets in Winnipeg's North Point Douglas

They are warriors on patrol in North Point Douglas keeping an eye on streets many won't walk on. They are the Mama Bear Clan - a group of women decked out in lime green T-shirts, armed with sweetgrass and each other.

There are 14 people out for tonight's walk. The group starts the night off by gathering in a circle and saying a prayer to Creator. Then it's time to hit the streets.

"North Point Douglas is our home," said Christie Paul.

It's a common site to see people intoxicated outside these bars on Main Street.

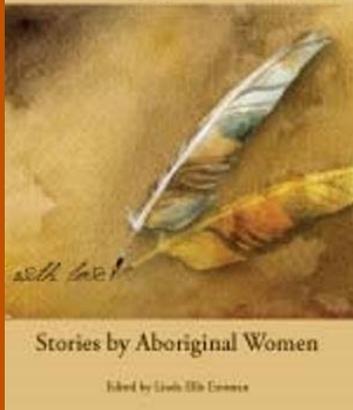
"We're just kind of going out and checking out on our family, making sure everybody is doing OK. We're here to be supportive, friendly and welcoming. We're not security."

Karen Thomas is a Mama Bear Clan captain and has been walking with the group since it started nine months ago.

"Feel the love," she said. "I'm walking actually because this is a good feel."

[Read More Here](#)

### First Lady Nation Volume IV



### Book Recommendation: First Lady Nation Volume 4

The First Lady Nation Vol. IV are stories of Aboriginal women share pain, abuse, addiction, recovery, healing, forgiveness, and powerful personal journeys. This book should be in every classroom in Canada and also read by Aboriginal women and men, Canadian businesses, and by non-Aboriginal people who wish to read the TRUTH about the history, pride and dignity of Aboriginal women and also the long, long healing path these brave women have taken. Add this to your library and share it with others.

Quoted by Linda Eastman, Editor

Quoted from one of the authors: I became involved when I saw the advertisement seeking Indigenous

### Cape Breton Mi'kmaq and Gaels gather in Wagmatcook



A Mi'kmaq home in Nova Scotia around 1890. (Supplied by Nova Scotia Archives Twitter)

A cultural symposium in Wagmatcook, Cape Breton, will explore the relationship between Mi'kmaq and Gaelic cultures.

The distinct groups first came together in Nova Scotia in the 17th century when Scottish settlers arrived in Port Royal, according to Stephen Augustine, dean of the Unama'ki College at Cape Breton University. Port Royal was one of the first

European settlements in North America.

The symposium on Tuesday, called Sharing Our Paths, will discuss many common topics, such as music and language.

authors that interested me. I contacted the publisher by sending her an email based on a brief background about my life journey. I received her reply requesting if I would I be interested on becoming a co-author of the book. I accepted and the rest is history. I am honoured to be one of the co-authors with other Indigenous authors who have overcome many struggles in their journeys. Despite the geographical locations, the collective stories share a commonality of our truths of the realities we faced. Those dark moments defines our Spirit of resilience, honesty, humility, bravery, love, strength and courage to find our place in this world we share. I hope it will empower many others by words shared from the heart.  
Miigwetch,

*Source: Submitted by Vivian Timmins - wife of one of our long time members James Timmins*

**[Purchase The Book Here](#)**



**Mysterious bent trees are actually Native American trail markers**

Next time you go hiking through the forest keep an eye out for some pretty strangely-shaped trees. These trees are quite unique in that they bend in very unnatural angles. Sure, some trees are just weirdly-shaped, but there's something special about these bent trees.

Native Americans would bend trees in order to create trail markers that formed an early routing system, which served multiple purposes. From indicating that water and food was nearby, to warning travelers of rough country ahead, these landmarks were important features in navigating the early Americas.

**[Read More Here](#)**



**[Click To Watch Video](#)**

**Making Bannock 101**

Bannock is an Indigenous food staple. Many families have their own recipes that have been handed down for generations, however, some people have never made this wonderful bread before. The Aimless

**[Read The Full Story Here](#)**

**Voices From the Front Lines in Standing Rock v.1: Artist Jimmy Starkey and Defeating the Strategy of Death**



**Courtesy Marshall Lee -Yakama Nation**

Every single person at the various Standing Rock Prayer Camps has a different story. Some of them have more than one. We're familiar with some the bigger storylines-the Standing Rock Nation's pursuit of equal treatment, of environmental justice, of the United States government doing what it islegally required to do. We're familiar with those, and weshouldhear about those. Those stories are incredibly important and involve the nation-to-nation relationship of Nation Nations to the federal government. But those aren't the only stories.

I want to share a few stories that I personally find very compelling; interviews with fascinating individuals and coverage of stories that are playing out in real time. Allof the folks at these camps, womenandmen, are warriors, protectors and should be thanked and congratulated. None of them are greater than any other warrior or protector's story.

The first time I went to theOceti SakowinCamp, there were, of course, many Native people (and some non-Natives as well) who were particularly fascinating to me. These folks told amazing stories of sacrifice and belief and love for Native people. Hopefully we can cover many of those. However, the brother whol knewIhadto get some smoke signals going out of the camp was a brother named Jimmy Starkey. I met him as I wandered aimlessly around camp and he introduced himself. I later told him that I had to drive up the road a bit and we rode together. Within that very short ride, he literally changed the way I thought about certain things and caused me to question certain others. I do not want to have too long of an introduction for Jimmy because he is most definitely capable of talking for himself. I did, however, want to give a bit of context for what you folks can expect to read over the next couple of weeks.

**[Read The Full Story 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**

Cook, Jay del Corro, has a wonderful video showing the step-by-step of making delicious and simple bannock for breakfast.

[Watch The Video](#)



### Silver Moccasin Online Store

The Silver Moccasin is a wonderful, 100% Aboriginal-owned business owned by Connie Boyd. Connie is of Ojibway, French and Irish decent. While growing up in northern Ontario she was greatly influenced by her native roots. Connie has been involved for over 30 years with Aboriginal community programs and native women's issues. She has had a keen interest in the arts from an early age and likes to paint on various mediums such as canvas, birch bark and leather. Connie is also a singer and musician.

[Visit The Silver Moccasin Here!](#)

### Ontario Métis Family Records Center



**We're on the web!**

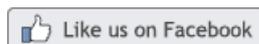
**See us at:**

[www.omfrc.org](http://www.omfrc.org)

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.**



### 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](mailto:omfrcinfo@gmail.com)

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