

May 2017



In This Issue

In This Issue

[The Story of SkyStone Turquoise and the Meaning to Native Americans](#)

[Dr. Dale Auger Encouraged Artists to Get Out of Their Comfort Zones](#)

[How To Make Delicious Wine, Coffee, Jelly And Even Bread From Dandelions](#)

[N'we Jinan Artists - "THE HIGHWAY" \(Video\)](#)

[10 Ways to Listen to Trees](#)

[Cree Elder Talks About How the Natives Used the Rat Root to Cure Diseases \(Video\)](#)

[Vancouver's Indigenous Community Fights to Save Native Plants at Risk](#)

[On The Blog: Etienne Pigarouiche - Tent Shaker](#)

[Why Native Americans Do Not Separate Religion From Science](#)

[Remarkable New Evidence for Human Activity in North America 130,000 Years Ago](#)

[Teaching Garden Will Grow Indigenous Culture](#)

[Lost Generations](#)

[Indigenous Kids Were Healthy Before They Were Sent to Residential Schools: Study](#)

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.



When you are in doubt, be still, and wait;
when doubt no longer exists for you, then go forward with courage.
So long as mists envelop you, be still;
be still until the sunlight pours through and dispels the mists
-- as it surely will.
Then act with courage.

~ Ponca Chief White Eagle

Vancouver's Indigenous Community Fights to Save Native Plants at Risk

Leonard Leboucan is crushing a tiny brown piece of a bark-like plant with a pocket knife on his office desk.

"There needs to be more natural remedies," says Leboucan, who is Métis and works at the Aboriginal Friendship Center in downtown Vancouver.

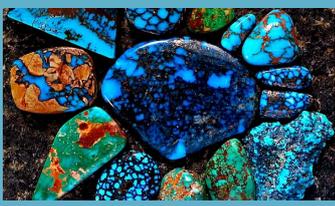
Leboucan uses this bitter-tasting plant to treat his colds and coughs. The plant is called rat-root or ek"splo-ra'shun, and has been used as an herbal medicine by the Chipewyan people for centuries.

Rat root is one of the thousands of plants native to B.C. that have historically been used by Indigenous people to aid in every aspect of life, from medicines to weaving blankets.

But now, many of these plants face various urban pressures, from development to competing with invasive species for space. According to the Native Plant Society of B.C., there are 312 plants in the province alone that are "red-listed" - meaning they're endangered, threatened or have been destroyed.

[Read The Full Article Here](#)





The Story of SkyStone Turquoise and the Meaning to Native Americans

Legend has it that the Native American Indians danced and rejoiced when the rains came. Their tears of joy mixed with the rain and seeped into Mother Earth to become SkyStone Turquoise.

Turquoise, the "fallen sky stone" hidden in Mother Earth, has been valued by cultures for its beauty and reputed spiritual and life-giving qualities for over 7000 years. It is a true gem of the centuries. A long time ago someone noticed a clear blue line running through gray rock, and saw the imagery of sky and water in stone, and from that time on, turquoise has been cherished above all else in creation - turquoise, stone of sky, stone of water, stone of blessings, good fortune, protection, good health and long life.

[Read More Here](#)



Dr Dale Auger

Dr. Dale Auger Encouraged Artists to Get Out of Their Comfort Zones

Outside the community centre in an artsy tourist town near Calgary, a white horse stands easily, indifferent to the burden laid across her back: a magnificent spotted loon skin spread upon a tanned animal hide.

The horse takes no heed of the hundreds of people milling about her, speaking animatedly, except to lower her head when a child breaks from its parents to come and pet her nose.

The people are shifting from foot to foot, not nearly as patient as the horse. They want to enter the hall to



On The Blog: Etienne Pigarouiche - Tent Shaker

Etienne Pigarouiche was an interesting and vivid character in history. He was the medicine man for the Allumette Island Ojibway of Kichesipirini (Great River) Band. His role as medicine man, healer, and

shaman was a very important role within the tribe, and he had a close relationship with its Chief, Tessouat One-Eyed. He would conduct ceremonies for his people, including the "tent-shaking" ceremony, which must have been incredibly impressive to see, and was considered a source of great power. He must have cut an impressive figure, this powerful man who the people believed could heal the sick and communicate with the supernatural.

Chief Tessouat One-Eye was also an impressive man, having stood up multiple times to Champlain, and was considered an eloquent and moving orator. He resisted the incursions of the French, and most especially of their religion, into his lands. He, along with Etienne, believed that the influence of the Christian faith was a negative one, and refused to compromise on his culture. He was known for some ruthlessness and would even threaten the families in his band who converted to Christianity. Eventually, the converts left for the Christian settlement of Trois Rivieres. Etienne Pigarouiche also fought against the conversion of his people, and for a time these efforts were successful for those who remained. They believed in the power of their Tent-Shaking shaman and their beloved strong Chief.

[Read The Full Blog Post Here](#)



Why Native Americans Do Not Separate Religion From Science

Last year five Native American tribes in Washington state managed to repatriate the remains of the "Ancient One," as they called him, or "Kennewick Man," as scientists called him.

For the tribes, the Ancient One is to be revered as a human ancestor. But for the scientists, the rare specimen of a 9,000-year-old Kennewick Man was important to understanding the history of North America. After a 20-year court battle, the tribes finally reburied the Ancient One. However, this could be done only after scientists had created his multi-dimensional model for future study.

For a long time, the relationship between Native Americans and scientists has been a contentious one. It would appear from this case that what matters most to Native Americans are religious beliefs and not science.

While this might be the case with human remains, which are a sensitive issue with most tribes, scientific endeavors are very important to Native Americans.

[Read The Full Story Here](#)

Remarkable New Evidence for Human Activity in North America 130,000 Years Ago

In 1992, construction workers were digging up a freeway in San Diego, California when they came

begin this celebration of artist Dr. Dale Auger's life, a man who embodied the spirit of the loon and who admired its ability to live in many worlds - under the water, floating on its surface, or winging its way across the sky.

[Read More Here](#)



How To Make Delicious Wine, Coffee, Jelly And Even Bread From Dandelions

Dandelions are cute, yellow flowers that can hide a lot more than you think. Since you probably only use them for decoration, you should know that dandelions can also be used in the kitchen to prepare some awesome dishes. You can make bread, coffee and even wine from this yellow flower and the cost of these products will be very low, as dandelions are not an expensive type of flower. They have a lot of natural and healing properties, and can be used for healthy recipes, such as salads. If you would like to make wine out of dandelions, you should know that it will take a serious amount of flowers to get enough wine, but the taste will be amazing. For more great uses of dandelions and some cool homemade recipes, visit the following link and make sure you try them all.

[See All The Recipes Here](#)

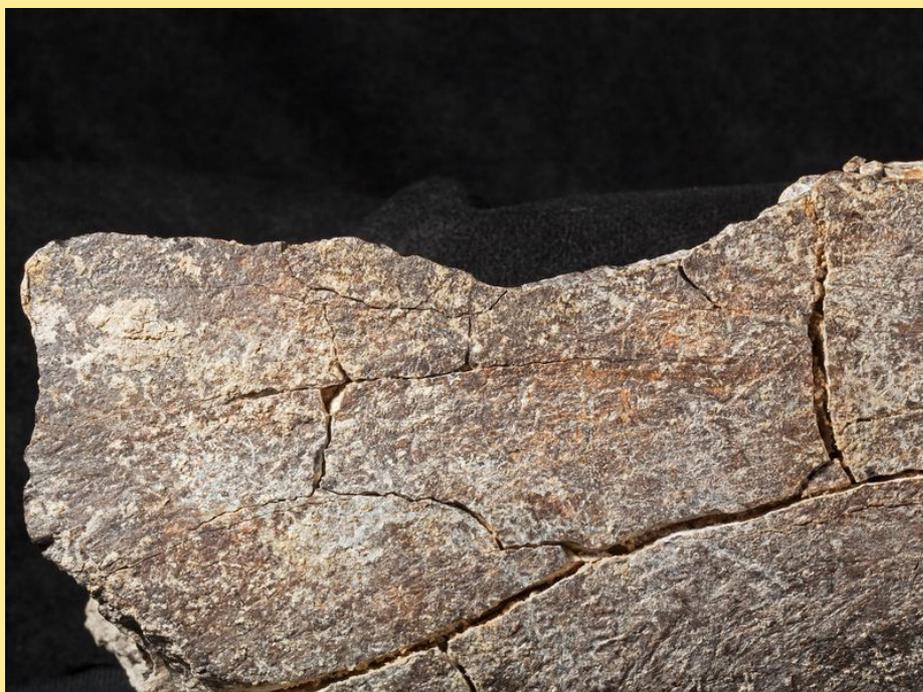


N'we Jinan Artists - "THE HIGHWAY"

Song written, recorded and filmed with students of 'Na Aksa Gyilak'yo School in Kitsumkalum First Nation, British Columbia.

[Click To Watch Video](#)

10 Ways to Listen to



across a trove of ancient bones. Among them were the remains of dire wolves, camels, horses and gophers-but the most intriguing were those belonging to an adult male mastodon. After years of testing, an interdisciplinary team of researchers announced this week that these mastodon bones date back to 130,000 years ago.

The researchers then went on to make an even more stunning assertion: These bones, they claim, also bear the marks of human activity.

The team's findings, published today in the journal Nature, could upend our current understanding of when humans arrived in North America-already a flashpoint among archaeologists. Recent theories posit that people first migrated to the continent about 15,000 years ago along a coastal route, as Jason Daley writes in Smithsonian. But in January, a new analysis of horse remains from the Bluefish Caves by archaeologist Jacques Cinq-Mars suggested that humans may have lived on the continent as early as 24,000 years ago.

[Read The Full Article Here](#)



Teaching Garden Will Grow Indigenous Culture

The addition of a teaching and sharing garden in South Branch Park this summer will provide opportunities to learn about indigenous cultures and grow traditional indigenous medicines.

Russell Green, a resident on Dillabough Street not far from South Branch Park, has been given a grant from the City of London to establish the garden near a couple of other urban agriculture projects - the Carolinian Food Forest and the Dillabough Community Garden.

The project started about a year-and-a-half ago when Green, an FNMI (First Nations, Metis, Inuit) program co-ordinator at Trafalgar public school, began discussing with Ward 1 Coun. Michael van Holst ways to provide urban indigenous people better access to traditional medicines such as cedar, sage, and sweet grass.

[Read More Here](#)

Lost Generations

In 1966, Mary Carpenter appeared on national television and shattered the myth of residential schools as the "saviours" of Indigenous children. As a guest of The Pierre Berton Show, the twenty-three-year-old Inuk from Sachs Harbour, Northwest Territories, wept as she spoke of the physical and mental abuse she suffered. It was a shock for thousands of viewers, who had for generations been fed a lie: that forced assimilation was the answer to Canada's "Indian question."

Today, Carpenter is an award-winning writer and poet. She holds degrees from Rutgers, Western, and Carleton universities. She is a mother and a grandmother. She is also a residential school survivor. This is her story.

In 1939, the Supreme Court of Canada ruled, unilaterally, that Eskimos - today known as Inuit - were "Indians," and as Indians they were wards of the Crown. The Canadian government authorized



Trees

Trees are full of song. Wind clatters and hisses through leaves and needles, insects stridulate, ice rends weakened wood, people chatter on the street below, and mechanical noises reverberate within trunks. Some tree sounds are too high for our ears, but can be heard with the right microphones. Under the acoustic surface are the hidden songs, the stories heard when we follow sounds to their sources. To attend to a tree's song is therefore to touch a stethoscope to the skin of a landscape, hearing what stirs below. Here are ten ways to listen.

[Find The Full List Here](#)



Cree Elder Talks About How the Natives Used the Rat Root to Cure Diseases

Aboriginal Students Health Sciences Elder in Residence Bertha Skye talks about various Indigenous medicines and cultural practices. This episode looks at the Rat Root.

Teton-Dakota warriors chewed the root to a paste, which are rubbed in their faces. It is believed to prevent the excitement and fear when facing an enemy.

People Potawatomi powder of the dried root and this placed in the nose to cure colds.

Sweet flag, known as "Root Rat" is one of the drugs most widely and frequently used herbal between the Chipewyan people.

[Watch The Video Here](#)

Ontario Métis Family Records Center



various religious organizations, with aid from the police, to herd Eskimo children into residential schools - as they had been doing to Indian children in southern Canada.

Eskimo children were taken away by airplane from their parents and clan groups, and all familial ties were severed. That is what happened to me. At a very young age, I, being an Eskimo child, became one of these residential school inhabitants.

[Read All of Mary's Story Here](#)

Indigenous Kids Were Healthy Before They Were Sent to Residential Schools: Study

A study suggesting Indigenous children from Saskatchewan and Manitoba were healthy when they were sent to residential schools undercuts government justification for nutritional experiments at the time.

Researchers also say it suggests the schools set the stage for health problems plaguing First Nations today.

Paul Hackett, a researcher at the University of Saskatchewan, said he and two others analyzed the body mass index of more than 1,700 children entering the schools between 1919 and the 1950s.

The children's records, which are public, were meticulously kept on microfilm.

They detailed the weight, height and sex of the youngsters sent to a residential school in Brandon, Man., and to two others in Saskatchewan.

The team found 80 per cent of the children were at a healthy weight - better than the average Canadian child today. The findings were published in the International Journal of Circumpolar Health.

[Read More Here](#)





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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.

