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When a man moves away from nature his heart becomes hard

*Native American Proverb - Lakota Sioux
Source: Sacred Touches*

Fort William First Nation Accepts Non-Indigenous Man as Full Member

Damien Lee is neither a status Indian nor is he Indigenous. But he belongs to the Fort William First Nation.

It's where he grew up. It's where his family lives. And now, in a groundbreaking demonstration of both kinship and independence, the First Nation adjacent to the Ontario city



of Thunder Bay has accepted Mr. Lee as a full-fledged member.



Damien Lee (left) has been accepted as a band member with the Fort William First Nation - possibly the first time that a non-indigenous person has been officially accepted as a member of a First nation that is still covered by the Indian Act.

"That's my home. Up until earlier this month I have been claimed by the community socially and in a de facto sense, but I never have been able to participate in voting, for example," Mr. Lee said in a telephone interview from Saskatoon where he is a professor of Indigenous studies.

[Read The Full Article Here](#)



Native Cooking: When Spring Hits, It's Time for Asparagus

It feels so good to write the word "spring"-even thinking about planting is exciting. The air smells different, birds are singing songs while the sun smiles down on the earth. Each day something else pops out of the ground-chive, watercress, dandelion, asparagus- and soon fiddleheads and many more old friends will come up. Every year I vow to get out there and forage more for fresh greens. I also want to learn the identity of and the uses of edible plants. For many years I had mother, grandmother and an uncle as tutors, but no more. It will now be up to me to teach all my children and grandchildren.

[Click Here For Asparagus Recipes](#)



On The Blog: The Mystery and Legacy of Ots-Toch

Much of what we know of Ots-Toch is third-hand accounts. A Mohawk woman born in the village at Canajahorie, her birth was not written in official records, and most of what is known about her birth is in context of her life.

Ots-Toch was born to a woman who in her own right was something of a legend. She was known as the Queen of Hog Island, and the Europeans would often refer to her as a "princess". Of course, Native tribes did not have these types of distinctions within their own culture, but the Europeans often romanticized and labelled such figures in the history books in terms they could understand. In reality, Ots-Toch's mother was likely the daughter of the Chief at the Great Castle at Canajahorie. Even the label "Castle" was a misnomer - the Mohawks at Canajahorie built their towns with great defensive palisades - perhaps giving the impression or look of a European castle.

Ots-Toch and her sister, Kenutje, were said to have been fathered by a well-known French trader, Jacques Hertel. Hertel travelled to the Mohawk valley around 1620. It's believed that he romanced the Princess and fathered the two girls. Some historians contend that Ots-Toch and her sister were actually full-blooded Mohawk, but many

historical descriptions of the sisters, along with some of the decisions they made in their lives lend to the theory that they were half-white, fathered by Hertel.

[Read The Full Post Here](#)

Some Places Of Importance Ontario



Métis People

This great little blog has some fantastic information posted about places of importance to Métis people in Ontario, as well as other interesting and significant historical information. We heard from a lot of people that they really enjoyed it, so we wanted to share it with everyone!



No More 'superbugs'? Maple Syrup Extract Enhances Antibiotic Action

Antibiotics save lives every day, but there is a downside to their ubiquity. High doses can kill healthy cells along with infection-causing bacteria,

[Read More Here](#)



Aboriginal Worldviews Courses Online - FREE!

Coursera is an online learning platform that provides courses from some of the top colleges and universities from around the world.

Many courses have free options, and for a small fee you can upgrade to receive the certificate.

They currently have several wonderful courses about Aboriginal/Indigenous learning. There's even a handy phone app that allows you to do your coursework right from your smartphone!

Several of our staff have taken these courses, and we highly recommend them to anyone who's interested in learning more about their culture to check it out!

[Visit To Sign Up](#)



Women Of The Moon

Sounds wild and exotic, doesn't it? Women of the Moon. What does that mean - that women came from the moon? Women worship the moon? Not really. But let me tell you about meeting women of the moon dance. I had been wanting to attend a women's moon dance for over a decade and was given an opportunity last year. However, the timeframe was less than a week to prepare, so it was again left to another time.

Another opportunity came around this February 2017. With a group of Sundance women and their families, we attended the moon dance ceremony, led by

while also spurring the creation of "superbugs" that no longer respond to known antibiotics. Now, researchers may have found a natural way to cut down on antibiotic use without sacrificing health: a maple syrup extract that dramatically increases the potency of these medicines.

The researchers will present their work today at the 253rd National Meeting & Exposition of the American Chemical Society (ACS).

"Native populations in Canada have long used maple syrup to fight infections," says Nathalie Tufenkji, Ph.D. "I've always been interested in the science behind these folk medicines."

The idea for the project really gelled when Tufenkji, who had been studying the antimicrobial effects of cranberry extracts, learned of the anti-cancer properties of a phenolic maple syrup extract. "That gave me the idea to check its antimicrobial activity," Tufenkji says. "So, I sent my postdoc to the store to buy some syrup."

[Read The Full Story Here](#)

How Science and First Nations Oral Tradition are Converging

The long history of First Nations people isn't one that can be found in books. Instead, it is a rich documentation detailed throughout time - a collective enterprise carried on by tradition and culture.

Oral tradition has often been discounted as just stories - but science is proving that the facts behind those stories certainly shouldn't be discounted.

Last week, a study published in the journal Nature Communications linked the genomes of 25 Indigenous people who lived 1,000 to 6,000 years ago with 25 descendants in the Lax Kw'alaams and Metlakatla First Nation in British Columbia.

The ancient DNA was taken from archeological sites in the Prince Rupert area of B.C.



that contain human remains. The researchers concluded that the genomes of the descendants were altered as a result of European colonization, making them more resistant to western viruses.

However, the other outcome of the DNA study was confirmation that the Metlakatla First Nation has been in the region for thousands of years - something the Metlakatla have long asserted through oral tradition.

[Read Full Article Here](#)

dance ceremony led by
Grandmother Ana Carmona in
Costa Rica.

[Read Full Story Here](#)



Making Regalia

This episode of Making Regalia with Juaquin Lonelodge shows how to construct leather belts. This is a fantastic series that runs through many different regalia projects. If you are interested in learning to make your own regalia, this video series is a great place to start!

[Watch The Video Here](#)



Broken Treaties, An Oregon Experience

Hundreds of books exist about the Lewis and Clark expedition and the decades of pioneers who followed them West. But even today, most Oregonians don't know much about the people who had settled here centuries before "the settlers" came. "Broken Treaties" introduces viewers to the tribes of Oregon state and explores a thread of the Oregon story that hasn't been told very well over the years.

[Watch Full Movie Here](#)



FourDirectionsTeachings.com

Four Directions Teachings celebrates Indigenous oral traditions by honoring the process of listening with intent as each elder or traditional teacher shares a teaching from their perspective on the richness and value of cultural traditions from their nation.

In honor of the timelessness of Indigenous oral traditions, audio narration is provided throughout the site, complimented by beautifully animated visuals. In addition, the site provides free curriculum packages for grades 1 to 12 to further explore the vast richness of knowledge and cultural philosophy that is introduced within each teaching. The curriculum is provided in downloadable PDF and can also be read online through the Teacher's Resources link.

The elders and traditional teachers who have shared a teaching on this site were approached through a National Advisory Committee of Indigenous people concerned with the protection and promotion of Indigenous knowledge. This committee was formed directly for the purposes of this website to ensure a community based approach that was respectful and accountable.

[Visit Fourdirectionsteachings.com Here](#)



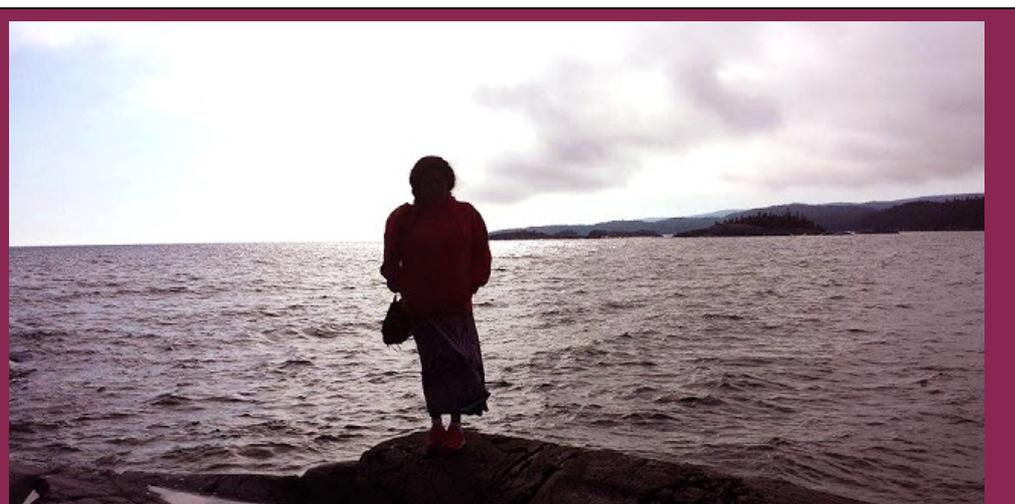
Sacred Feminine: Indigenous Art Colouring Book Celebrates The Power of Women

Jackie Traverse recently released an adult colouring book featuring many of her past works and two new drawings. Traverse had a graphic designer pull the colour from her normally very colourful paintings and inked over them to create the book.

Traverse said she was inspired to create the book because she saw the opportunity to insert her art into the mainstream, something she is always pushing to do. She recalled never seeing girls who looked like her in media, children's toys or even Christmas tree toppers.

With the popularity of adult colouring books still on the rise Traverse decided to create one that focused on the power and beauty of Indigenous woman.

[Read the Story and Listen to the Interview Here](#)



Old School Wild Game: How To Can Your Venison

Instead of just throwing your extra venison in the freezer, take some extra time and learn about canning venison.

Once you have successfully harvested a deer and it has been processed and butchered, you are then faced with the decision of what to do with all your surplus meat. Once you have enjoyed some fresh grilled back-strap, dried some jerky, and made a pot of stew, you still likely have a lot of

meat leftover. Now the question is, what to do next.

Sure, you could wrap it in plastic and put it in your freezer, but canning venison is a great way to preserve your meat and have it ready for a quick recipe later in the year with no defrosting necessary. Not to mention the fact that it is an exceedingly easy process.

[See Step By Step Instructions](#)

OREN LYONS

"WE ARE PART OF THE EARTH"

Oren Lyons-We Are Part Of The Earth

Oren R. Lyons is Faithkeeper of the Turtle Clan of the Onondaga Nation, one of the Six Nations of the Haudenosaunee (people of the Long House) whose territory once encompassed most of New York, Pennsylvania, and part of Ohio in the United States and Ontario and Quebec in Canada. Also known as the Iroquois Confederacy, the Six Nations includes the Onondaga, Mohawk, Seneca, Cayuga, Oneida, and Tuscorara nations. The Haudenosaunee form of government is based on a more than 1,000-year-old oral constitution called the Great Law of Peace, whose democratic ideals, some historians say, served as

Abitaa-niibini-giizis/Half-way Summer Moon/July 2015. Black volcanic rocks protruding into the waters of Michipicoten Bay and its islands, Gichi-Anishinaabe-gami, Lake Superior, Ontario.

Photo by Zhaawano.

Reflections Of The Great Lakes

This fantastic art blog was created by Zhaawano Giizhik. It's a visually stunning journey of his exploration and celebration of his Anishinaabe ancestors.

This post, focusing on his love for the Great Lakes and respect for water as the giver of life is particularly beautiful, and we felt we wanted to share. We hope you enjoy it as much as we did!

[See The Full Post Here](#)



Paiute Native American Elder Shows Us How to Cook Salmon the Traditional Way

In this informative and highly enjoyable video, a Paiute Native Elder shows us how to cook salmon in the traditional way. It looks absolutely delicious! This lovely Grandmother is a pleasure to watch and learn from.

[Click Here To Watch Video](#)

Métis Scholarships
and Bursaries
for 2017

inspiration for the framers of the US Constitution.

Watch this fantastic video where Oren talks about when he first learned about his relationship to Earth.

[Watch The Video](#)

Ontario Métis Family Records Center



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



Métis Scholarships and Bursaries for 2017

It's that time of the year again, when students are planning their educational path for the next year. As we do every year, we have compiled a list of the Scholarships and Bursaries available for Metis Students for 2017. We've created a new page on our website with the full list, as well as a downloadable PDF version. We plan to update this list throughout the year. If you are aware of any Scholarships or Bursaries we might have missed, please let us know!

[See The Full List 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.

