

## End of Summer 2017



## In This Issue

**In This Issue**

[Welcome Newest Member of Painted Feather Woodland Metis Community!](#)

[Video: Sky World- By Bear Fox performed by Teio Swathe](#)

[How To Grow An Endless Supply of Blueberries](#)

[Video: Hide Tanning The Woods Cree Way](#)

[I Am Indigenous Interactive Presentation](#)

[The People - a Short Film by Indigenous Filmmakers](#)

[Burdock the super plant: It's a food and a medicine](#)

['I Will Not Be Quiet: Aboriginal Woman's Powerful Poem Becomes Internet Sensation](#)

[Smoked Salmon Candy](#)

[How to Straighten and Trim Feathers - Craft Tutorial](#)

[On The Blog:...Etienne Pigarouiche - The Final Chapter](#)

[HISTORY CORNER: CANADIAN EXPLORER ALEXANDER MACKENZIE'S REMARKABLE MÉTIS GUIDE](#)

[Painted Feather Woodland Métis Community Art](#)

[Letter: I am not Canadian, I am Anishinaabe](#)

[Painted Feather Woodland Métis Community Member Recognized with Award: Elliot Lake's Senior of the Year awarded](#)

[The Secret Legacy of the Man who caught Louis Riel](#)

[Why Did it Take So Long for Residential School Claims to Come to Court? The Excruciatingly Gradual Civilization of Canada's Legal System](#)

[How a Smallpox Epidemic Forged Modern British Columbia](#)



**Late Summer Sunset**

*~ Submitted by OMFRC Member Skylar Haines*



**On The Blog: Etienne Pigarouiche - The Final Chapter**

Etienne Pigarouiche and his adventures brought him to Sillery, where he devoted his life to the Church and to his people. Here, he was married to Marguerite Oupitaouabamouku. He was considered a good neophyte, giving fiery speeches and imploring the people to follow the laws of God and Church. The Jesuits were highly pleased, being that he was such an influential person in his community, and wrote in 1643, "this year he has given us testimonies of his zeal and virtue as remarkable as ever." He was so impassioned with his faith that he would often become involved in matters of the sinfulness of others, and would ensure that punishment was given to those who sinned. Often, he was more harsh than even the Jesuits in meting out punishments

[Being and becoming Métis and Muslim](#)

[Being and becoming Métis and Muslim \(Part 2\)](#)

[Removal of 140-year-old tree highlights Métis history in Edmonton neighbourhood](#)

*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.*



**Welcome to the youngest Member of Painted Feather Woodland Métis Community!**

**Scarlett Rose Blaby  
Born June 7, 2017**

Scarlett is three days old in this photo, wearing a handmade Owl hat

Scarlet Rose is the granddaughter of Laura Shurtliffe, a Métis drummer with the All Our Relations Métis Drumming Group, based out of Oshawa. Scarlet is looking forward to her first drum social this fall.



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

**Video: Sky World- By Bear Fox performed by Teio Swathe**

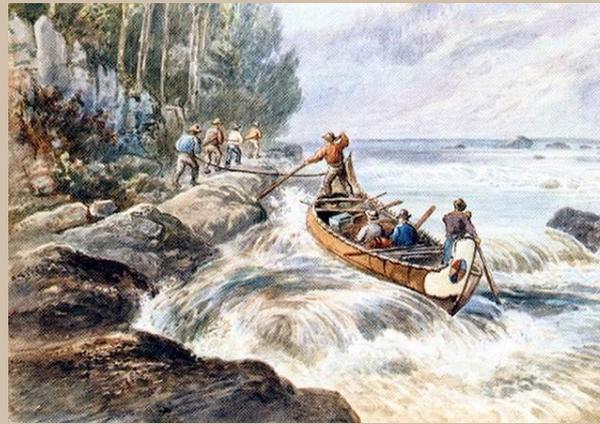
**[Click To Watch!](#)**

**How To Grow An Endless Supply of Blueberries**

for sin.

When Etienne made the choice to be baptized, he took the Christian name of "Stephen". He preached often about the importance of names, and said that the name of Stephen was even more honourable to him than that of Pigarouiche. Almost hard to believe, given his coloured history with the Church in the past. Unfortunately, his own sins of the past and his multiple conversions came back to haunt him.

**[Read The Full Blog Post Here](#)**



## **HISTORY CORNER: CANADIAN EXPLORER ALEXANDER MACKENZIE'S REMARKABLE MÉTIS GUIDE**

François Beaulieu II was a chief of the Yellowknife tribe in Canada, had three wives and was guide to famed

Canadian explorer Sir Alexander Mackenzie in 1789 on his historic 1,080-mile expedition the length of the Mackenzie River north from Great Slave Lake in Canada's Northwest Territories to the Arctic Ocean.

He was a Métis - his father French and mother of mixed Cree and Chipewyan Indian ancestry.

He was born in 1771 at Great Slave Lake and late in life became an ardent Catholic - and lived to be 101.

Beaulieu was feared by neighboring tribes - having killed 12 of their members - yet became wealthy as a fur trader and salt miner, and made history as a frontier guide before Lewis and Clark arrived in the Northwest.

When he was a youngster, his father - also named François - abandoned the family and left the country, and his mother then married a Chipewyan hunter traders called "The Rat."

The boy was believed raised by relatives from the Yellow knife and Dogrib tribes north of Great Slave Lake.

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



## **Painted Feather Woodland Métis Community Art**

This beautiful painted cattle skull was created by Richard Sorge. Thank you for sharing it with us and with everyone, Richard!



Blueberries are delicious and perfectly sweet, but did you know that they're also great for your heart health? In fact, blueberries are highly value for its high antioxidant value among fruits and vegetables. They contain anthocyanins, which are part of a sub-class of flavanoids and give bluberries their blue color.

These antioxidants help to counter the buildup of plaque, fight free radicals and improve cardiovascular health. Long-term intake of high Anthocyanin is associated with a reduced risk of Myocardial Infarction (heart attack) in young and middle-aged women (1). In fact, another study by Journal of the Academy of Nutrition and Dietetics found that "Daily blueberry consumption improves blood pressure and arterial stiffness in postmenopausal women with pre-and stage 1-hypertension."

[Read More Here](#)

### Letter: I am not Canadian, I am Anishinaabe

My name is Quinn Meawasige and I am a member of Serpent River First Nation which is a signatory of the Robinson Huron Treaty of 1850. I currently attend Algoma University in the Community Economic and Social Development program. I am not Canadian, I am Anishinaabe.



Shingwauk Residential School. From the archives of the Sault Ste. Marie Public Library

Igoma University Student Union (AUSU) unanimous decision against endorsing or participating in Canada 150 celebrations is one that goes against the grains of the status quo. Canada was founded on broken treaties and the genocide of Indigenous Peoples. Canada's Indian policies at the time of confederation were aimed and intended to eliminate the Indigenous Peoples of the land. These attempts of extermination meet the 1948 United Nations Geneva Conventions definition of genocide. Indigenous Peoples within Canada continue to struggle and suffer as a result of these policies and inhumane attempts of extermination. The holocaust occurred within a short timeframe and resulted is devastating crimes against humanity. Canada's Indian policies occurred over the course of generations and the intent was the same; to exterminate a people. Canada's first Prime Minister, John A. Macdonald was racist and was tasked to get rid of the "Indian Problem". From the forced removal of Indigenous children from their families, from deliberate attempts of assimilation and indoctrination, to policies which dehumanized Indigenous Peoples. Canada was founded on the genocide of Indigenous Peoples. What is there to celebrate? Would we celebrate the holocaust? Most definitely not. Why would we celebrate the genocide of Indigenous Peoples.

[Read The Entire Letter Here](#)



[Click Here To Watch](#)

### Hide Tanning The Woods Cree Way

#### Hide Tanning The Woods Cree Way

The 13 steps to traditional hide tanning, the Woodland Cree way. nder indeterminate. System logistically coordinated.

[Watch Video](#)

### Painted Feather Woodland Métis Community Member Recognized with Award: Elliot Lake's Senior of the Year awarded

Each year, the City of Elliot Lake presents an award to recognize an outstanding senior who enriches the cultural, social or civic life of the community.

Residents are encouraged to write to the city to nominate such an individual, outlining the reasons why they deserve the senior of the year award.

This year's recipient of the award was Michael Constantineau.



Michael Constantineau receives Elliot Lake's Senior of the Year Award from Mayor Dan Marchisella and Councillor Connie Nykyforak at Monday's council meeting.

Councillor Connie Nykyforak, who chairs the senior's advisory committee, explained that since Constantineau arrived in Elliot Lake four years ago after retiring from being a school principal, he has been very involved with the community.

Specifically, Constantineau is heavily involved with the Renaissance Seniors' Centre, "and he's passionate about ensuring seniors are kept involved and connected" with their community.

A guitarist and singer, he also performs monthly shows at the Senior's Centre, Nykyforak told council.

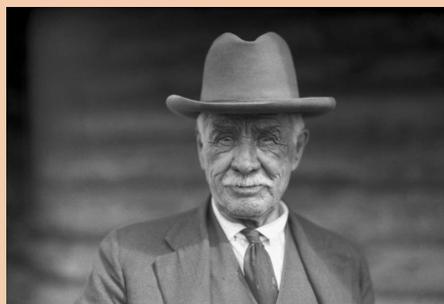
[Read The Full Story Here](#)

## I AM INDIGENOUS

### Am Indigenous Interactive Presentation

CBC put together this excellent interactive presentation. This is their description:

"From across this land, the people you are about to meet see a brighter future for all Canadians. Their personal journeys and stories are different, but are all connected by heritage and pride. As Canada marks a historical occasion, their roots and culture go well beyond 150 years. For



### The Secret Legacy of the Man who caught Louis Riel

Many may be familiar with the story of Robert Armstrong, the 19th-century hero who accepted the surrender ending this country's historic rebellion, but fewer still know the tangled destiny that launched him from his Indigenous origins into one of Canadian history's most iconic chapters.

About a dozen women were waiting for Robert

them, this is a time to look back, and to also look forward. They are trailblazers, innovators, leaders and deeply proud to be Indigenous."

We enjoyed it immensely and hope you do too!

[Start The Presentation](#)



### The People - a Short Film by Indigenous Filmmakers

The health of the environment is important to every Native culture. With efforts by Indigenous peoples throughout North America to bring awareness to the damage extensive oil mining brings to the earth, this short film explores the side effects and takes an imaginative peek at our future in a world where oil is everything.

This film observes issues that are very contemporary to today's Native American communities, issues involving the lost of culture and language, the struggle of land rights and treaty rights, the movement to protect and preserve heritage.

[Read More and See Trailer](#)



### Burdock the super plant: It's a food and a medicine

While having a peaceful walk through serene woodlands, you may have come across sticky burrs clinging to your trousers after passing through some tall leafy plants. Annoying and intimidating they may seem, these spiky balls have much more to offer, and its benefits are surprisingly in conflict with its repellent character.

Known as Burdock, these grow on a tall plant that could sprout out as tall as 4 feet with purple flowers that blossom during the height of summer. And the best way to deal with these annoying sticky balls is to, well, eat them.

Surprisingly Burdock is edible, both the roots and the plant itself are edible carrying numerous health benefits. You may have come across a drink with a

Armstrong when he came down the hotel stairs for breakfast.

"Is this a delegation?" he asked, a little slyly.

When the answer came, no amount of cheek could keep him from being startled: "We want to kiss the man who captured Riel," the women said.

Such was life as a hero in 19th-century Winnipeg. According to the account, published in a magazine nearly 40 years later, Armstrong was there because he had recently accepted Louis Riel's surrender near Batoche, in what is now Saskatchewan - the beginning of the end of the 1885 Indigenous uprising known as the North-West Rebellion.

The cooing of fans notwithstanding, Armstrong did not "capture" anyone. When Riel encountered the three scouts sent to find him, the Métis leader handed over his revolver and a note of surrender. But Riel was as feared in Western Canada as he was hated back east. A young country was now in Robert Armstrong's debt.

[Read The Full Article Here](#)

### Why Did it Take So Long for Residential School Claims to Come to Court? The Excruciatingly Gradual Civilization of Canada's Legal System

In 1857, Canada (the Province of Canada, a British colony from 1841 to 1867) enacted a law entitled Act to Encourage the Gradual Civilization of Indian Tribes in this Province, and to Amend the Laws Relating to Indians

(commonly known as the Gradual Civilization Act). The Act's name (and its provisions) make it clear that "Indian Tribes" were not "civilized" and that the far more civilized British subjects wanted to help them become civilized, but not too quickly, just gradually. A Nova Scotia County Court held in 1929 that a 1752 treaty with the Micmacs was legally meaningless, basing this on a distinction between a "civilized nation" and "uncivilized people or savages."<sup>4</sup> Oh, how civilized we were! (On February 16, 2017, the Nova Scotia government pardoned Grand Chief Syliboy and apologized for the government's actions. Syliboy was only the second Nova Scotian posthumously pardoned, the other was Violet Desmond. More about her below.<sup>5</sup>) The Act does not define "civilization" or "civilized" and does not use the term except in the opening sentence of its preamble. It is clear that "civilized" is intended to mean "people who think and act like us." In this paper, I speak about the gradual civilization of Canada's legal system, and by "civilization" I mean treating people with different cultures, languages, religions, beliefs, skills and skin colours with respect, dignity and equality. By equality, I do not mean removing indigenous rights nor making everyone think and act the same way. I mean respecting everyone's legal rights, understanding that everyone has their own set of circumstances which carries with them certain legal rights. We cannot wish away legal rights of some people and call that equality.



[Read The Full Paper Here](#)

### How a Smallpox Epidemic Forged Modern British Columbia

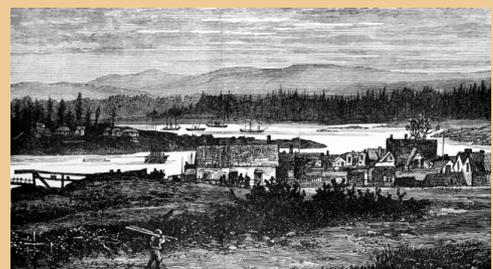
**On Mar. 12, 1862, the San Francisco steamer Brother Jonathan pulled into the boisterous colony of Vancouver Island, a former Hudson's Bay Company fur trading post that had exploded in population after a mainland gold rush.**

**"The town was taken completely by surprise," wrote the British**

**Colonist newspaper, reporting that along with merchandise and mules, the ship carried 350 passengers to Victoria-home to 4,000 to 5,000 colonists, with slightly more Indigenous people from various nations camped nearby for trade and work. Most of the passengers were heading to a new strike on the Salmon River.**

**But along with his pickaxe and gold pan, one of these miners brought another piece of unexpected cargo: smallpox.**

**The man was quarantined. But the Colonist noted that, without preventive measures, "we**



The Western Suburbs of Victoria Vancouver Island Canada c1888. Illustration from The Life and Times of Queen Victoria Vol II, by Robert Wilson, c1888. The Print Collector/Getty Images

rather horrible brown color and great taste called Dandelion and Burdock containing traces of Burdock. The plant can be consumed both as food and as herbal medicine.

[Learn More Here](#)

fear that a serious evil will be entailed on the country." And the measures the colonial government chose—limited vaccination efforts, and declining to try a general quarantine, which would have kept the crisis localized—wound up leading to an epidemic when police emptied the camps at gunpoint, burned them down, and towed canoes filled with smallpox-infected Indigenous people up the coast.

[Read The Full Article Here](#)



### **'I Will Not Be Quiet': Aboriginal Woman's Powerful Poem Becomes Internet Sensation**

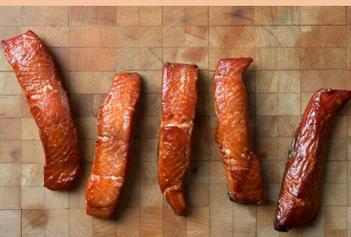
Mary Black never expected a poem she wrote and recorded in an hour to spread like wildfire on social media. Black is an actress who is used to playing characters on stage, but Quiet is her own voice, she said.

"I think it was just something that was sitting inside me for a really, really long time," Black said.

"I'm used to playing different people and different characters, so this time I was just wearing my own face and telling my own story and got so much support, and so I think telling the truth, it's important, it's necessary, it's very needed right now."

Using her voice is like medicine, she said. "I think that silence plagues our communities, and our nation, really," she said. "Just recently, we as a nation, we pretended these things weren't as bad as they are and they don't exist, but they're so evident in so many communities."

[Read More Here](#)



### **Smoked Salmon Candy**

Salmon candy has become my new favorite road food. And while it looks like regular smoked salmon, it's not.

What on earth is salmon candy? Well, I first heard about it when it was called squaw candy, but it's no longer called that for obvious reasons. It's basically heavily smoked strips of salmon, originally smoked so long they were basically jerky. Nowadays it's usually lacquered with something sweet, such as brown sugar, maple or

### **Being and becoming Métis and Muslim**

I was born John Andrew Morrow in Montréal, Québec, Canada. Although both of my parents were Francophone Quebecers, and French was my maternal language, my English (or rather Irish) name was the cause of some confusion to both myself and others. My mother was Francophone from both sides and my father was Francophone from one side and Anglophone/Francophone from the other. I was clearly French Canadian as opposed to English Canadian. So while much was clear, much, however, remained veiled.



During the time of my grandparents, we were simply Canadians, a term used to distinguish us from the English invaders and colonizers. During the time of my parents, we moved from being Canadians to hyphenated French-Canadians. During my time, we moved from being French Canadians to being Québécois. Our identity was becoming increasingly narrow as we became increasingly minoritized and marginalized in the new multicultural Canadian mosaic. Although my maternal family was clear that they were French, French Canadian, and Québécois, my paternal family was more ambiguous. My paternal grandfather was a Quebecker of Irish ancestry. His family had been in la Belle Province for generations. He spoke fluent French and became renowned as an expert woodsman and fisherman. My paternal grandmother spoke English as a second language - she only learned it after marrying my grandfather. I never heard her describe herself as French, French Canadian or Québécois. Her origins were obscure. She never spoke about her parents, her family, and her past. We assumed she was hiding some painful family secrets. As my father said when I asked him about our origins:

"Whatever we are, be proud of it."

[Read the Full Article Here](#)

### **Being and becoming Métis and Muslim (Part 2)**



One of the most moving moments in my life and one that drove me with greater determination to document my native ancestry was the Gathering of Nations in Albuquerque, New Mexico, that I attended in 2009. As the dancers entered the ring, as part of the Grand Entry, and

the chanting, drumming, and circling commenced, I entered a trance, the most profound of spiritual states. Overwhelmed, in ecstasy, with tears uncontrolled flowing down my cheeks, I became at one with my people, and at one with the One, the Creator, the Provider, and the Great Spirit. I may have embraced Islam at the age of 16, finding spiritual similarity between Sufism (Tasawwuf/Irfan), and the Right Path of Life found in Native American spiritual teachings; however, for me, the Grand Entry at the Gathering of Nations was comparable to making the pilgrimage to Mecca and circling the Holy Kaaba.

Although I have visited my spiritual forefathers, Idris I and Idris II, in Zerhoun and Fez, in Morocco, along with other saintly figures in South Africa, and have derived great benefit from performing pilgrimages to their holy sanctuaries, and while I would eagerly visit other sacred personalities in North Africa, the Middle East, and beyond, the Earth itself is a masjid, a mosque, a place of prayer, and a site of prostration.

"Some Muslims may travel to Arabia, Iraq, and Iran in search of spiritual satisfaction: I find mine here, on my land, the land of my ancestors."

Although I have been offered employment in Saudi Arabia, the United Arab Emirates, Qatar, and Iran, I refuse to leave Turtle Island. I would rather perform tawaf or circumambulation with the Miami Nation, the Chippewa Nation, and the Métis Nation than performing it in Wahhabi-occupied Arabia where Islam merely exists in name.

### **Removal of 140-year-old tree highlights Métis history in**

birch syrup, or even molasses. The idea is to combine fatty-savory-smoky-sweet in one bite.

Strips from the belly of the salmon are best.

[GET THE RECIPE HERE](#)



### How to Straighten and Trim Feathers - Craft Tutorial

Turkey feathers are naturally curved. To make them look like Eagle feathers it is necessary to flatten the feather quill without damaging the feather blade. In our example here we will use commercially dyed white turkey wing feathers.

There are a number of methods used by crafters over the years and all of them involve a heat source. So this is a project that requires your personal safety and the supervision of young folks trying it. One of the safest ways is to use a clothes iron, keeping your hands away from the heat. The work is done on a table or ironing board with an old terry cloth towel as the ironing surface.

[Learn More Here](#)

### Ontario Métis Family Records Center



We're on the web!  
See us at:

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

### New Submissions

Our editors are always looking for original



### Edmonton neighbourhood

The removal of a tree from the University of Alberta campus is garnering more interest than usual, as it was planted by the prominent Métis figure who eventually gave the area its name.

Laurent and Eleanor Garneau planted the tree behind their home after moving to Edmonton in 1874.

After more than 140 years, the Manitoba maple known as Garneau's Tree will be removed for safety reasons, according to the university. The tree currently stands protected by a chain link fence near 90th Avenue and 111th Street.

What happens to the tree after its removal is being discussed by Métis groups, members of the U of A's faculty of Native studies and other university stakeholders.

"The fact that it's that tree is what makes it so symbolically important," said Chris Andersen, dean of the faculty of Native studies.

[Read The Full Article Here](#)

### Is your Membership up for renewal?



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



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!

**omfrinfo @ gmail.com**

**613-332 -4789**

**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.**

