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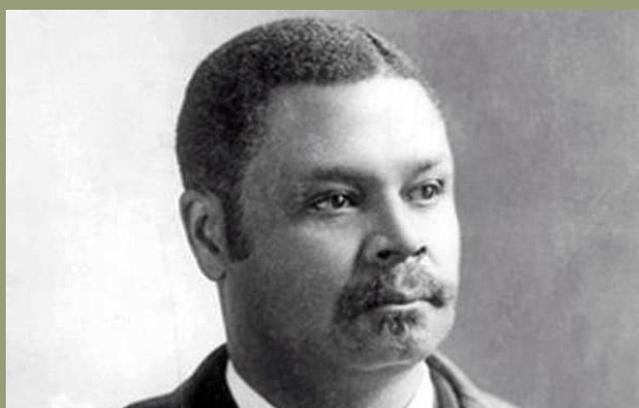
[I Journeyed Deep Into Indigenous Knowledge To Seek The Human Spirit](#)

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.



Walk *lightly* in the spring; Mother Earth is pregnant.

~ Kiowa



Celebrating Black History Month: George White First African Native American in Congress (1852 - 1918)

The first Black Indian to serve in Congress. The United States among nations of the world can claim some kind of a prize for its ability to ignore some of its most daring and brave historical figures - if they are people of color. The first Black Indian Congressman, George Henry White of North Carolina, is an example.

Born into slavery in 1852 to parents of African American and Native American lineage, White survived the Civil War to fight for his people against night-riding KKK terrorists. At a time when the Klan was burning down Black schools and attacking their teachers, he began his education, and in 1872 met David Allen, a teacher who encouraged him to continue his studies. When Allen established the Within Normal School in Lumberton, White enrolled for several years taking courses and boarding with the Allen family. In 1874 he studied classical subjects at Howard University and graduated in 1877 intending to further his people's education. Driven by this need, he became a teacher and then a Principal of a school for African-American children.



A Member Writes

To everyone who assisted me at the OMFRC:

I just wanted to let you know that I have chosen a job from one of the three that I have been offered and am starting tomorrow!

I can say with assurance that I don't believe I would be offered any of these jobs if it had not been for my Certificate of Aboriginal Status that provided me with the capabilities of falling under the category of Employment Equity.

After 2 long years on this journey of documenting my family history.....well, all I can say is this whole experience has been a blessing. I have learned so much, I can't tell you how thrilled I was to discover that Chief Henri Membertou is actually part of my heritage. I am grateful to be able to share this with all the members of my family.

***Donna - Member of the OMFRC-
Painted Feather Woodland Metis***

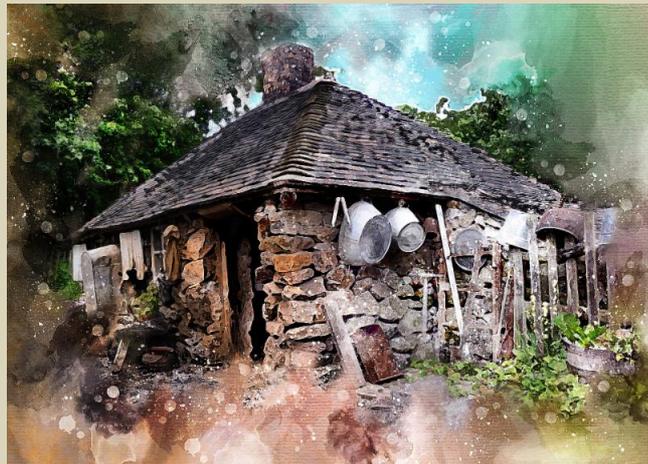


Picking Sage and Great Advice from an Elder (Video)

Sage, along with sweetgrass, red cedar and tobacco, is one of the four plants considered sacred by First Nations and Métis Peoples. Sage is used broadly for many purposes by both First Nations and Native Americans - and is described here in only the most general of terms. Similar to sweetgrass, it is used in many geographical locations in North America, whereas red cedar is primarily used in ceremonies on the northwest coast.

Sacred plants all seem to have one thing in common - the versatility with which they are used. Sage, depending on the particular culture, can be used in medicine pouches, spread over the floor of a sweatlodge, wrapped around sacred implements, used for healing, used to make bad spirits sick, purify people and dwellings, healing and calming.

[Read The Full Story Here](#)

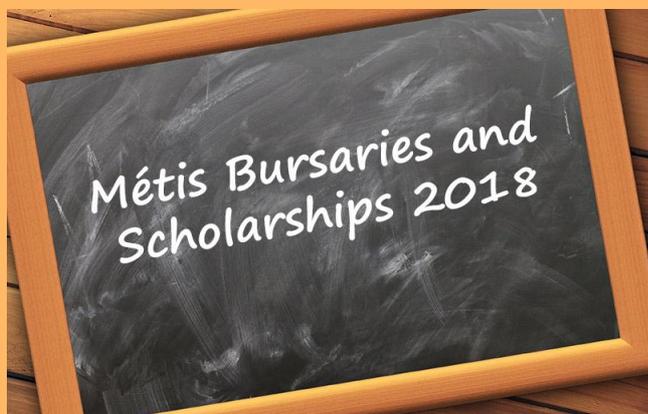


On The Blog: Marie Miteouamegoukoue and Pierre Couc-Lafleur- Founders of A Legacy

The world of the 1600's in North America was one that was fraught with conflict and hardships. Many of the Native tribes at the time were at war with each other, siding with different European groups and trying to claim new territory and resources.

The Iroquois Confederation, made up of many tribes and led predominantly by the Mohawk, had become very reliant upon European goods and most especially European guns. With the introduction of these weapons, it became much easier to hunt beaver - their main source of trade and currency with which to acquire more goods. However, with more beaver being hunted more quickly, their population began to drop in Iroquois territory, and the Iroquois started looking to expand their territory to hunt more. However, they realized how much they could profit from becoming the only middle-men between the tribes of the west trading fur and the French and Dutch traders who were providing them with what they wanted. This started with bloody skirmishes, and ended up escalating into one of the bloodiest conflicts in North American History - The French and Iroquois Wars (also called the Beaver Wars). Many of the eastern tribes who surrounded them (largely Algonquin), were attacked and forced to move, turning to their European allies for help and protection. It was most certainly an uncertain and often frightening time to be alive.

[Read The Full Blog Post Here](#)



Métis Bursaries and Scholarships 2018

It's that time of the year again! Young people everywhere are getting ready to continue their education to move on to wonderful careers! Each year, we compile a list of all the Metis and Indigenous Bursaries and Scholarships that our amazing community members can apply to to further their dreams. Please visit the link below to see the list. This list is also available in a downloadable pdf.

[Read More And Watch Video Here](#)



Antidepressant Microbes In Soil: How Dirt Makes You Happy

Prozac may not be the only way to get rid of your serious blues. Soil microbes have been found to have similar effects on the brain and are without side effects and chemical dependency potential. Learn how to harness the natural antidepressant in soil and make yourself happier and healthier. Read on to see how dirt makes you happy.

[Read The Full Article](#)

[Click Here To See The Full List](#)



"Many don't understand that Métis communities were destroyed", human rights museum launches tour devoted to Métis history

Canadians will have a new way to learn of the rich and complex history of the human rights struggle of the Métis.

The Canadian Museum for Human Rights in Winnipeg officially launched a Métis tour on Monday to mark Louis Riel Day in Manitoba.

The tour explores the beginning of the Métis people, through the Red River Rebellion of the late 19th century all the way to Métis involvement in the Truth and Reconciliation Commission.

PHOTO : A guitar painted by Métis artist Christi Belcourt in the exhibit about Canada's Truth and Reconciliation Commission. Photo provided by CMHR)

[Read The Full Article Here](#)

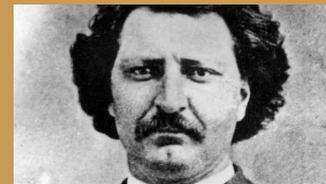


Meet the Native American Artist Whose Hand-Beaded Skate Shoes Have Become a Sensation

The Native American artist Charlene Holy Bear's first foray into fashion came four years ago, when she made a last-minute decision to attend the annual Gathering of Nations in Albuquerque, a pan-tribal festival also known as "North America's largest powwow."

"Everyone gets all dressed up in their traditional regalia," says Holy Bear, a member of the Standing Rock Lakota Sioux Tribe who is known for her intricate beadwork. "I hadn't had any time to prepare outfits for us but I wanted my 4-year-old son Justus to look really cool. He had a new pair of slip-on Vans and I suddenly had an idea, looking at the checkerboard design." Over the course of the three-day road trip to the festival, Holy Bear started hand-beading the kicks and the finished product—a classic skate shoe tricked out with vibrantly intricate traditional Lakota beadwork—now has a waiting list full of street style-obsessed collectors clamoring for a customized pair.

'This is an epic': Historical novel traces Métis author's family history with Louis



Riel

Maia Caron didn't know about her Métis heritage until she was in her 20s, and as she began to look back into her family's history, she knew she had quite a story on her hands.

Through her research into her own past, Caron found out her family roots traced back to the Batoche Métis, where her ancestors worked closely with Louis Riel and Gabriel Dumont.

Not only did she have a story, she had a novel on her hands.

"In Indigenous families they hand down stories and that's part of the tradition, and we didn't have those stories so I had to go and find them," said Caron, who turned her journey through her family's past into her first novel, *Song of Batoche*.

"Finding that my own ancestors were actually around Riel and Dumont, that made me really want to know more. So I thought, there's a novel here - it's so interesting - this is an epic, someone should tell the story."

[Read The Full Story Here](#)

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[Read Full Article Here](#)



'One in a million' yellow cardinal spotted in Alabama

An extremely rare cardinal has birders and biologists flocking to Shelby County, Alabama this week, as images of a yellow cardinal have circulated around social media.

Auburn University biology professor Geoffrey Hill said the cardinal in the photos is an adult male in the same species as the common red cardinal, but carries a genetic mutation that causes what would normally be brilliant red feathers to be bright yellow instead.

[See Article and Video Here](#)



Traditional Foods & Recipes on the Wild Side (PDF)

This wonderful pamphlet from the Native Women's Association of Canada is targeted to diabetic management, however, it has some wonderful education about traditional foods, as well as some delicious healthy recipes. We hope you enjoy!

[Get The Guide Here](#)



Dogs in the Early Americas: The unbreakable bond with Native Americans and Dogs

A few themes emerge from the details of the dog's lot in America. First and foremost, the dog was an ambiguous animal. Native Americans understood that even



This watercolour by John Elliott Woolford depicts the land and waterscape of the Creator's First Sacred Pipe.

Journeyed Deep Into Indigenous Knowledge To Seek The Human Spirit

I have been on a long journey, moving deeper into Indigenous knowledge in search for "spirit." I wanted to know it, feel it and perceive it. As a colonized person and laboratory scientist, I was originally skeptical that spirit existed. But after receiving genuine Indigenous knowledge from its many holders and sources, I discovered it in a way that changed how I thought about humanity.

From skeptic to believer

I looked into faces and eyes that looked like mine, people who I knew were intelligent, and they too spoke of "spirit." Directed by a note on the wall, I was brave, asking "Where is this thing called spirit?" "It is everywhere," was their response. Hmm, I thought, yet for me it is not. I could not see it, feel it or perceive it. Regardless, I kept on learning and thinking. After all, the person I asked had more than the average amount of knowledge.

Sharing personal stories and giving back to community members in a meaningful way, and in a language that is accessible to them, is an important part of the Indigenous knowledge tradition. Sometimes this is hard when the knowledge requires conceptual thinking. Regardless, with some extra effort this can be achieved.

[Read More Here](#)

IS IT TIME TO RENEW YOUR MEMBERSHIP?

Painted Feather
Woodland Métis
Community

Certificate of Aboriginal Status
Rebecca Brant
Membership Number
00984747
D.O.B. Mar. 4, 2004 Expiry June 27, 2025
The person identified on this card is an Aboriginal person with the meaning of the Canada Constitution Act (1982) and the membership provisions of the Ontario Métis Family Records Centre.

Honour your heritage, your family history is more than names on a pedigree chart, it's your legacy.

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- ✓ Bursaries and Scholarships
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though dogs resided in the human camp they had a close kinship with coyotes and wolves. Because of these relationships, dogs occupied and operated on several levels: they connected the wild and the tame, and they joined nature and culture.

Even though dogs were seen as almost human, they were also known to be carnivores and, as such, were linked not only to wolves, coyotes, and foxes but also to bears and jaguars. On the one hand, dogs were esteemed as companions, hunters, and guards.

[Read More Here](#)

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



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.

