

Eagle Feather NEWS

FREE

Another honour for Métis fiddle master

Métis fiddle legend Johnny Arcand cemented his place in fiddle history by recently receiving the \$50,000 Molson Prize. (Photo by John Lagimodiere)



Arcand recipient of 2014 Canada Council Molson Prize

By John Lagimodiere
For Eagle Feather News

SASKATOON – Working away in a cluttered but cozy workshop on Windy Acres, Johnny Arcand's nimble fingers manipulate parts and clamps as he tries to bring an old broken down fiddle back to life.

"These ones are real cheap," said Arcand as he examined the wood. "But oh well, we will fix it and send it on down the road."

As you look around the shop at the scattered tools and jumbled piles of wood, you would never think you were sitting in the workshop of a legend, but with the recent announcement that Johnny Arcand is the recipient of the 2014 Canada Council Molson Prize in the arts, one can conclusively say that Johnny Arcand is the most decorated fiddle player in Canadian history and a living legend.

Johnny Arcand has seen many a fiddle in a lifetime of climbing to the pinnacle, and he knows a junk one when he sees it. After picking up an old fiddle that belonged to his dad at age five, Arcand learned to play and repair fiddles on his own.

"That fiddle only had two strings," recalls Arcand

whose father always had a bunch of broken fiddles around the house.

"I got the job to fix them. Once you know how they are supposed to work, you get the basic knowledge."

Arcand also taught himself to play by ear. He didn't receive any sort of formal training until he was 18 and he figured if he wanted to get any further with the fiddle he would have to learn how to read music.

He wasn't taught music in his old school at Jackson Lake about six miles north of Debden so he went to Calvin Romph for lessons.

"He was an old man already and I spent a couple weeks with him and at the end of that I could read music better than he could," said Arcand.

After that the fledgling musician would listen to fiddle masters and mimic the way they played. He listened intently to the radio whenever Don Messer was on in an effort to capture his songs.

"You had to really pay attention to those songs because they would only play them every other show. Doing that really helped my memory," explains Arcand.

• Continued on Page 11



INSIDE



SCIENCE STUDENT

Saskatoon Tribal Council band students learned a little more about science at a recent Science Fair. - Page 7



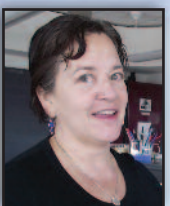
SMUDGE WALK

The Smudge Walk in Regina helped kick off National Aboriginal History Month and honoured missing women. - Page 8



VALEDICTORIAN

It's an annual tradition for the Saskatoon Indian and Métis Friendship Centre to honour graduates. - Page 13



SIGHTS SET ON MARS

A First Nations of University of Canada professor is hoping to take the journey of a lifetime, all the way to Mars. - Page 18



HITTING THE BIG TIME

Sera-Lys McArthur has taken her act from Regina to New York, London, Los Angeles and now Toronto. - Page 24

Welcome to our
National Aboriginal Day Edition

Coming In July - Graduation Issue

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Meet three Saskatchewan Aboriginal centenarians

By Jeanelle Mandes
For Eagle Feather News

Philomene Moise – Muskowekwan FN born on Gordon FN – Cyr (nee)

She always went by July 11, 1911. But some say she's older than 103. Her brother says she's older than that. Her husband, Joe Moise, passed away in 1975.

She was born to Albert Cyr and Maude Bitternose Cyr from Gordon's First Nation. She had 13 children and there are four still alive. She lost four children in the flu epidemic years ago. She has lost count of her grandchildren and great-grandchildren.



PHILOMENE MOISE

Gardening was her favorite hobby. She lived alone until she was 96. She hung her laundry outside and had her afternoon naps every day when she lived alone. She is blind now but otherwise healthy.

Although Moise lives in a home in Lestock, her children, Douglas and Marlene visit her almost on a daily basis to feed her. Looking back on her life, Philomene used to be a seamstress at the residential school in her younger days. She's a caring person; she brought up two other families and she also brought up a lot of children. There was no foster care in those days, she basically lived

from day to day but never gave up.

She's a very strong person. She liked to laugh a lot and tease. She's very precious to her family and they are very protective of her. She brought up a lot of kids. She worked hard, she did her laundry using a washboard.

Her family holds her high on a pedestal and she definitely motivates her family. She taught her kids how to be good housewives and mothers.

Philomene Moise lived so much; the residential school system, the wagons to the motorized vehicles. There have been a lot of changes in the life she lived through.

Flora Weenonis – Big River First Nation

Her birth date is January 1, 1913 which makes her 102 years old. Her maiden name was Whitefish before she married her late husband, Thomas Weenonis, who passed away about 20 years ago.

Weenonis had 10 children and there are now six generations in her family. She is fluent in her first language, Cree, and can understand a little bit of English. Flora and husband used to have a farm and had three cows in Whitefish. She used to milk cows and make homemade butter.

She also used to seed a garden and put everyone to work. After all these years, she still uses a wood stove. She's been working all her life making moose and deer hide. Her hobbies were making crafts, moccasins, and making baskets, she beaded jackets. She can still do beadwork on little moccasins.

Her family said she is very healthy. She's taught her children and grandchildren the importance of working. She lives alone and sometimes her grandchildren stay with her. She never worked for anyone else, she always worked on her own to make a living.

Flora's children take turns helping their mother out with cooking and looking after her. A hard worker all her life, her family believes that is why she's healthy today because she worked hard her whole life.

She still eats traditional foods like wild meat; she refuses to eat the fast foods they have nowadays. She is a very loving mother for her children and grandchildren. She treated all her children and her grandchildren equal.

Sarazine Aubichon – English River Sarazine was born in 1912 English River First Nations. Her birthday is on June 13. She was married to Frank who died many years ago. Together, they had one child who also passed away at a young age.



FLORA WEENONIS

Her favorite hobbies were beading, making mitts and vests made out of moose hide and beaver hide. Sarazine has taught herself to learn a little English.

She said in the residential school, they learned French. So she taught herself how to speak some English to understand others.



Her family and friends will be celebrating Sarazine's 102nd birthday in English River with lunch, cake, story-telling, games and fiddle music on June 13.



Gary belongs to two communities. We're proud to be one of them.

Gary Lerat grew up in a community he loves — the Cowessess First Nation in Saskatchewan. Today, he's also a member of the PotashCorp community. Thanks to a unique outreach program, we're tapping into the talents of First Nations and Métis people like Gary. We offered him a career path at our Rocanville mine, and he's making the most of it. "It's got that community feel," says Gary about PotashCorp. "Everyone there is almost like family." To see the video of Gary's story, visit PotashCorp.com/25



Looking forward, let's honour our history

History

Welcome to the June issue of Eagle Feather News where we can sense summer holidays just around the corner. The kids are edgy and everyone is in a tizzy and we prepare for National Aboriginal Day and the first official day of summer.

Because of the hard work of the Regina Aboriginal Professional Association (RAPA), June is also National Aboriginal History Month. They saw the need to raise awareness of Aboriginal issues and, knowing full well that Canadians don't know Aboriginal history, the RAPA folks made it their cause to inform people of our history and promote events that teach cultural harmony. The smudge walk in Regina is just one example of events they host. Good stuff. Thanks RAPA.

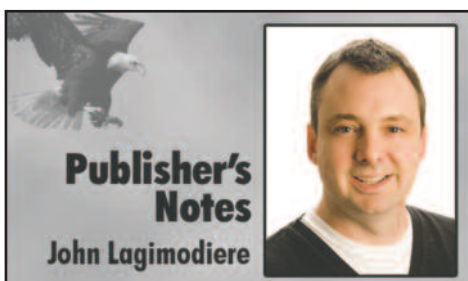
We always honour June with our National Aboriginal Day quiz. You will find it further into the paper. To honour the history this month though, we set Jeanelle Mandes on finding the oldest Aboriginal person in Saskatchewan. Through our very unscientific research (social media) we found three women that are over 100 years old!

Philomene Moise of Muskowekwan was the oldest person we found and she is 103 years old. Flora Weenonis from Big River is 102 and Sarazine Aubichon of English River turns 102 June 13. Imagine what these three women have seen in their day and imagine the luck of their families to have such age and wisdom in the family. Life is a blessing and these three ladies certainly are blessed and a treasure to their families. We thank Philomene, Flora and Sarazine and their families for being accessible for Jeanelle.

At a recent CARFAC conference for Aboriginal artists, filmmaker and writer Marjorie Beaucage gave the luncheon keynote address. For her presentation, she put several images of prominent writers, artists and actors on the screen

and quizzed the audience to see who could identify the people. Because the room was packed with artists and some folks that had been around, most people were identified, but it was difficult. It makes one realize that we have to do more to honour our previous leaders and achievers.

We have some generations that seem to get lost in the dust and it leaves gaps in our history. We hear lots about the Treaty Chiefs and Louis Riel and Gabriel Dumont, but we don't hear enough about the artists that made up the Indian Group of Seven for example. We have some amazing high achievers out there and we must pledge to do more to acknowledge them. Marjorie made a good point and got people talking. We don't honour our history enough.



Gathering. The week is packed full of cultural activities, presentations and entertainment including Don Burnstick, drummers and hip hop performances

providing something for everyone. The gathering is also a good way for the community to show how far they have come.

Once dubbed the saddest and drunkest community in Canada by Fifth Estate and the Leader Post, Pinehouse has turned the corner and have invited media out to come and tell that story. We intend to go and witness the rejuvenation of the community, and also to see the media and how they cover it. Often times, media find it easier to tell the bad story. This time we will be watching them.

Big Success

Did you hear that the SaskParty has named their first ever First Nation cabinet member? Jennifer Campeau, MLA for Saskatoon Fairview has been named Minister of Central Services and Minister responsible for Saskatchewan Transportation Corporation. That is a big step for Jennifer and we are very proud of her and all she has accomplished.

Lisa Bird Wilson also had a great month. Her book, Just Pretending, won a slew of awards at the SaskBook Awards and then a couple weeks later she is a recipient of the YWCA Women of Distinction Award in Arts, Culture and Heritage. Two well earned accolades for a hard working writer. Good for Lisa.

NAIG

Tick tock ... the organizers are feeling the heat and anxiety levels of athletes and coaches are climbing as we get to just one month to go before thousands of athletes from across North America descend on Regina for the North American Indigenous Games.

It looks like it is not too late to get a hotel room yet and the Committee is still looking for volunteers so get motivated, book those rooms and offer some time. It takes a province to raise an international sporting event remember.

Win \$100!!!

Once again, Eagle Feather News is on the lookout for the best graduation photo of the year. Here's the deal. Send us your grad photos ... it could be a group shot, it could be you and mom or your date. You might be very formal, or you may be creative with your outfit and diploma ... either way, if you send us the best grad photo of 2014, we will send you \$100 and put your photo on the cover of the July issue. Please send photos to contact@eaglefeathernews.com with Grad photo in the re line and a short sentence of who is in the photo. Easy \$100. Sound like a deal?

Have a great summer!



Tanner Secord received a scholarship from the Saskatoon Public School Board presented by Trustee Vernon Linklater. Do you have a great grad photo? Enter our Grad photo contest and win \$100! (Photo by Darla Read)

The Northern Village of Pinehouse is doing something to honour their history. June 16-20 is their Elders

Check out our website next week for commentary, stories and photo galleries from the event.



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Only a dream that gov't would do anything for Indigenous people

"The Government of Canada is committed to improving the health and saving the lives of Aboriginal women and children in Canada," reads the headline of a national newspaper.

Excited, I read on.

"Surrounded by First Nations children at a broken down elementary school with no running water in Somewhere, Northern Canada, Prime Minister Stephen Harper has just announced his government will be gifting \$2.85 Billion to "Miyo Pimachihowin," a project intended to improving and strengthening health conditions in our Canada as well as safe and non-violent places to grow up.

The project itself has, since its conception five years ago (how come we never heard about it) already set up several smaller projects in several communities, among them Attawapiskat. (I wonder why Chief Theresa has not mentioned this) Examples of these projects are, Making Motherhood Safe, which aims to improve access to quality health services to mothers, their babies and children.

Scaling Up Nutrition, is a project that supports the efforts to eliminate child hunger in First Nations, Inuit and Metis communities especially in the North where the cost of food is exorbitant.

This is exciting because they are talking about purchasing a special plane, imagine that, which would fly in healthy food at affordable prices.

In some northern communities, milk sells for up to \$5 and more per quart, never

mind the veggies and fruit children need to build strong bones and bodies.

And hey, there is also a Water Sanitation and Hygiene project, which is aimed at improving the health of the people in the most vulnerable communities.

It will address the need for safe water and sanitation facilities. Wow! I can hardly believe what I am reading. This is so wonderful.

That Stephen Harper is maybe not such a bad guy after all. They even have a project called Iskwewak, which will set up a Commission immediately to address the issue of Missing and Murdered Women and to helping create safe and non-violent communities for children to grow up.

"Mom! Mom wake up!"

"What? What are you talking about, I am awake."

"No your not, its eight o'clock and your conference on Creating Safe Families starts in an hour. Hurry up your going to be late."

"Oh crap! You mean I've been dreaming about Harper's Miyo Pimachihowin Project?"

"I don't know what you're talking about. The paper says he is funding a Muskoka Project for developing countries. Never heard of Miyo ... what did you call it?"

"Never mind it was just a dream and I

am probably being politically incorrect again by even daring to wish our government would do for Canadian Indigenous people what it does for the poor nations of the world."

Well it was a good dream don't you think? Anyways, dreams don't cost anything and sometimes they come true. Who knows,

maybe it will be Justin Trudeau who will make them real. If not at least we will have a handsome PM for a while. I don't think I can handle too much more of "ole shark eyes."

Speaking about leaders, how are ours doing? I've been out of the country for a while so I've been missing local news and gossip but I hear there has been some activity or has it been just the usual flexing of muscles, scrapping and whatever?

I was in Hawaii last week and attended a conference where I listened to some amazing speakers from home talk about Indigenous education.

Many of them are leaders in their areas of expertise and other countries look to them for leadership. They certainly did us proud.

New moon and time for gardening, I am home for the summer this weekend and will begin planting with the help of several great grandchildren.

Each of them will get their own little plot so who knows what we will be eating,

but whatever it is it will be fun.

We planted a Cherry tree a few years ago and last year we had our first crop. The tree was loaded but they were not quite ripe so we decided to wait another day. Well guess what? We went for water and groceries thinking we will pick in the afternoon.

Several hours later we arrived home to a tree that had been picked clean by the birds. Not one single cherry did they leave us? But not this year! We have purchased a net and will rig it up over the tree somehow and we will have Cherry jelly and Cherry pie.

Gardening is a part of our history and something we rarely do anymore but we should reclaim it again. Healthy food is more than just sustenance for all of us it is full of all kinds of wonderful things, love, history, and great stories.

The food we feed our children impacts their health for all their lives in all kinds of ways, physically, mentally, and spiritually. And it's not that hard to do. A spade, hoe and a few seeds are all you need to get started.

If you live in the city you can plant in an old pail, wash tub or dig up along the fence or around the house. You can mix lettuce, spinach, flowers and tomatoes together and the results are beautiful.

We don't have to do those straight uptight residential school rows. We can be creative and do whatever.

Just water and weed and presto! What a wonderful feast we can cook together and share.

Have a great summer all of you.



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Canada is a two-storey house

Those of my generation who appreciate 'good ole country music' will recognize the title of a song that the recently-departed George Jones sang with Tammy Wynette.

In that song a couple worked hard to get a two-storey house to replace their two-room shack; ended up in a splendid two-storey house but left love behind ... hence two stories ... one each from the husband and the wife.

The history of Canada, the first story, has been told and retold and written and rewritten and seeded into the popular mind by the English-French side. There are two stories to the history of Canada.

In the first story the Aboriginal side matters only where and to the extent it is part of the history of the English-French side.

Starting late in the 18th century the first story has been told primarily by the English side because they won the war against the French and history is told by the victors.

I will not complicate this commentary by including the continuing French story. The English story will be enough to illustrate my point ... my story, and particularly so because the Protestant religion that went along with the English language to define the English culture has undoubtedly won over the French-Catholic culture in Canada. Even in Quebec the Church does not matter much anymore.

According to their story, the English were faced with an indigenous population that had to be forcibly changed to become like them.

Viewing themselves as members of a superior 'race', just like a purebred greyhound over a mongrel dog, they could only see the ultimate demise of the local folks and their cultures.

They, therefore, saw fit to congratulate themselves over their good and benign policies which promoted 'acculturation' or 'civilization' over outright physical extermination. So the 'Indian reserve' system was seen as a good policy, one that 'smooths the pillow of a dying race' in the language of the day.

The courts are storytellers too. In Aboriginal and Treaty rights cases the courts have required historical accounts as part of the legal tests to prove these rights.

The judges call upon not only Elders but the other side's professional storytellers from the university to tell them about the stories of the First Nation or Métis or Inuit people.

This development causes real problems for an Aboriginal people. Its oral stories are up against the written

word in front of judges whose careers are based upon the written word. By picking one story over another a judge can lead himself straight to the decision that he wants.

Some cases deal mainly with stories about legislation and policy and on these topics it will be the other side's professional story that is likely to convince the judge.

When this story is recorded in the case law, an Aboriginal people's 'real story' is written in a way that can differ widely from its own version.

This is particularly important if we believe as many do that a people's history is important for its collective sense of identity. In this case it matters less whether a story in fact happened or not: it is told for the purpose of holding up particular values and ideals that a people holds dear.

The recent case of Manitoba Metis Federation (originally styled Dumont) illustrates the problem of judges misunderstanding Métis history. It may be more accurate to state that the judge simply adopted the story of the six government experts instead of the story argued by MMF counsel without the aid of a professional storyteller.

As the author of the only published book (now long out-of-print) on the constitutional analysis of the Métis settlement scheme of 1870, which is at the heart of the case, I can assert that the history adopted by the court resembles not at all the true story of the great dispossession of the Métis from Manitoba.

This confusion of the courts is important in Saskatchewan because many of the Métis families moved here after the Métis lands promise was not fulfilled, and their descendants today have a strong basis for claiming a real interest in the results of the MMF decision by the Supreme Court of Canada.

So long as there remain two separate stories our country will not achieve a strong sense of its past. Without a single shared story it is hard to build a vision of what is Canada far beyond its obvious cold climate. Without a common past there cannot be a common vision of the future.

Canada is a two-story house.

The idea of 'reconciliation' is not likely to lead far unless the stories that are told in the schools and universities, as well as in the courts, are not seriously at odds with the stories that are told in the homes and in the ceremonial life of the community.



Comment
Paul Chartrand



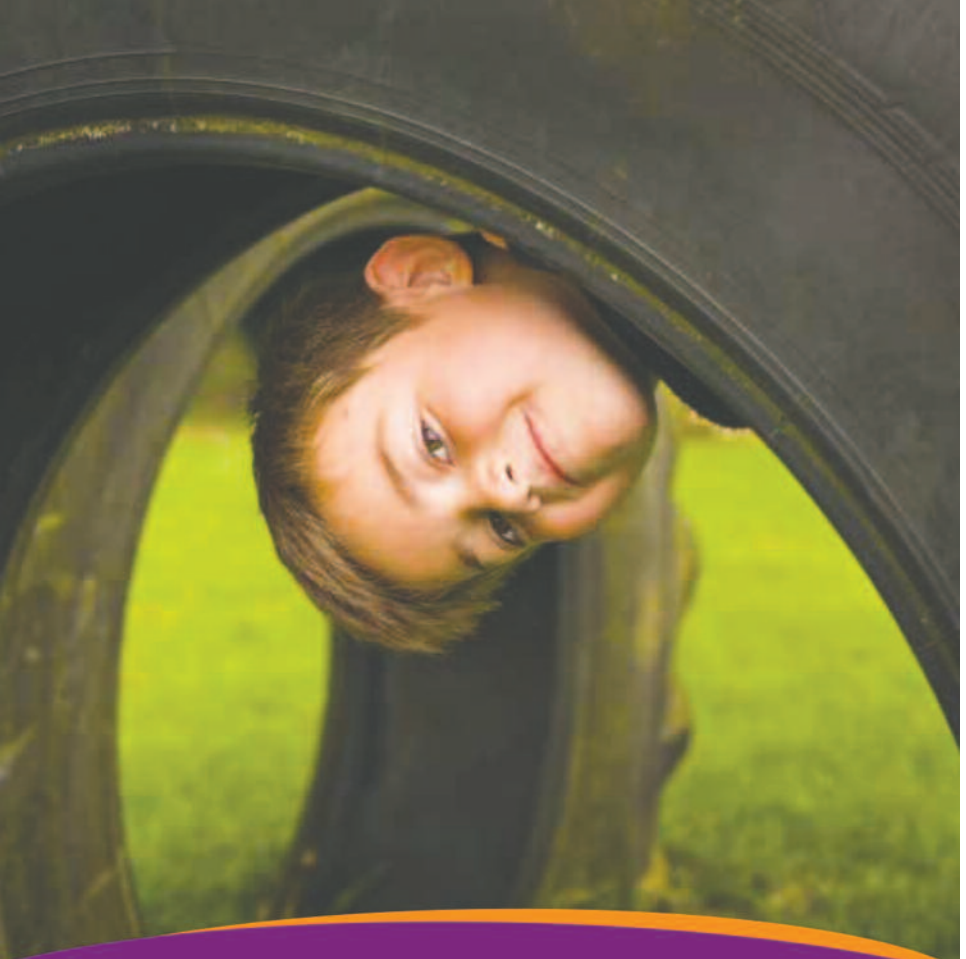
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Join READ Saskatoon Board of Directors, staff, volunteers, literacy learners, and members as they celebrate the year's successes.

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Tribal Council's annual Science Fair sparks students' interest

By John Lagimodiere
Of Eagle Feather News

SASKATOON – Decorated presentation boards, weird elixirs and the love of science were on display at the Saskatoon Tribal Council's third annual Science Fair. Sixty-seven Kindergarten to Grade 5 students from the Tribal Council's seven member bands took over the ED Feehan High School gym for a day of experiments and a 34 exhibit science fair.

Michelle Blackmon is the Career Education Coordinator and Super Saturday Coordinator for the Saskatoon Tribal Council and she sees real value in exposing the students to science at such a young age.

"The goal around the science fair for K-5 is to get them ready for science at the higher levels," said Blackmon.

"This gets them ready for when they are at the FSIN

science fair. This gives them more experience and prepares them at a young age. But really, go look at the smiles on the kids faces and the displays, they put in a lot of hard work."

The annual science fair is made possible by a financial contribution from PotashCorp.

"At PotashCorp we are very interested in the long term. We are going to be here for 80 years so we think of building career opportunities for this generation and for those yet to come," said Leanne Bellegarde, PotashCorp Director of Aboriginal Strategy.

"One of the areas that we need people in are science based careers. Whether it is engineers or geoscientists or geologists, those are all really linked to building and nurturing young people to follow science at an early age."

Exhibits ranged from the classic volcano and bubble tricks to plant growth and to how to build a rainbow in a

jar. Overall, the kids were very excited to share their lessons with anyone who went by.

"This is a real highlight for the kids," added Blackmon. "Because of the generosity of PotashCorp, all the kids receive a science package with an experiment in it so they can do it at home. We want to spark that science interest in them at school, at home and into the future."

Mia and Eliza are Grade 2 students at Whitecap Dakota First Nation and their science fair project was to make a rainbow in a jar. Thoren, a Grade 3 student from One Arrow grew some fast beans. (Photos by John Lagimodiere)



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Smudge Walk brings awareness to Regina

By Jeanelle Mandes
For Eagle Feather News

REGINA—Dianne Bigeagle walked the Smudge Walk in Regina's North Central carrying a picture of her daughter, Danita Bigeagle, who has been missing since 2007.

Police Service and the Regina Chamber of Commerce.

John Hopkins, CEO of the Regina & District Chamber of Commerce, said this event is important for everyone in order to work together and to grow North Central for all people.



Dianne Bigeagle carries a picture of her daughter, Danita, who has been missing since 2007. (Left) Marchers participate in the Smudge Walk in Regina to kick off National Aboriginal History Month and bring awareness to First Nation and Métis issues.

(Photos by Jeanelle Mandes)

She said it's a good opportunity to raise awareness on various issues such as missing and murdered Aboriginal women.

"We're not going to quit till they find all our girls that are missing from Regina. Sure they need a national inquiry, but we need one for our own province of Saskatchewan," said Bigeagle.

The Smudge Walk is an event that kicks off National Aboriginal history month. Its purpose is to gain attention and spread awareness on First Nations and Métis issues. It initially started in 2007 in response of the MacLean's article that indicated Regina's North Central was Canada's worst neighborhood to live in.

Cherish Deegan is president of the Regina Aboriginal Professional Association (RAPA), the group that initiated Aboriginal History Month. Deegan is also a part of the Smudge Walk planning committee and she said this event is bringing back the historic ceremony of the Smudge Walk.

"This is why we wanted to bring it back to show Regina, show Canada and show the world that there is a community here and it is thriving. There are community organizations, Aboriginal and non-Aboriginal that are committed to making Regina a great place to work and to live," said Deegan.

RAPA was one of the community partners that helped make this event a reality along with Qu'Appelle Beatty's Okemasis Child & Family Services, Worker's Compensation Board, Regina

"This is an important event for the city of Regina. When the treaties were originally signed, the true spirit and intent from what I understand, was to grow this place together," said Hopkins.

The Smudge Walk demonstrated how North Central is already starting to grow by bridging the Indigenous and non-Indigenous communities to come together.

The event started with a few of Saskatchewan's MLA's speaking along with FSIN Vice-Chief Kimberly Jonathan. After the 3.4-kilometer smudge walk was completed, everyone met back at Scott Collegiate in North Central to join in one big round dance and a barbecue.

There were many performances from local jiggers, powwow dancers, and even a new emerging artist, Christian Parrish, also known as 'Supaman'.

From the Crow Agency in Montana, Supaman says the gift of prayer that we use can make an impact and change.

"There's power in prayer no matter what we're going through," said Supaman.

"It's my first time doing an event here in Regina, Canada. I'm happy, the turnout is amazing," he said.

The Smudge walk had a great turnout with hundreds of participants that kicked off the first day of National Aboriginal History Month.

June is

National Aboriginal History Month

North Central "Healing Our Community" Smudge Walk
June 2 | 10am - 2pm | Albert Scott High School, 3350 7th Ave. Regina, SK

RAPA & Farm Credit Canada proudly present the 4th Annual Aboriginal Talent Showcase
June 19 | 11:30am - 1:30pm | Cornwall Centre, 2102 11 Ave. Regina, SK

RAPA & North American Indigenous Games proudly present the 2nd Annual 1-Day Archery & Lacrosse Youth Camp
June 28 | 10am - 4pm | First Nations University of Canada - 1 First Nation Way, Regina, SK

National Aboriginal History Month "Photo-A-Day" Challenge
Two prize packs to be won!

From June 1 - June 30, take a description from each day and just take a photo of something you think fits that NAHM weekly theme! Use the hashtag on social media sites **#NAHM2014PhotoADay**

Celebrating the stories and triumphs of Canada's Aboriginal Peoples

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Maria Campbell's summer reading list ...

Summer is supposed to be a time of fun and leisure. There is often no better way to be entertained in a leisurely way than by lounging with a good book and a glass of iced tea on a hot summer day.

The challenge is often, what book to read? There are so many. Well, to help with the process this year, we have asked some friends to give us some advice.

This month Maria Campbell took off her columnist's hat to tip us onto five good books to read this summer. Check it out. We are glad to see that Maria has a soft spot for Louis L'Amour novels and that she is still reading Eagle Feather News too.

1. The Moon of Letting Go by

Richard Van Camp is a collection of stories that take place in the North West Territories. The stories speak truth to many of our experiences and are loving, often raw and painful but always touched with a gentle sense of humor. This is my second read. I love Richard Van Camp.

2. Shi-shi-eko is a children's book by Nicola Camp-

bell, about a little girl leaving home to go to residential school. It is about the gathering of memories and stories packed lovingly into her heart to later be taken out and used to help her survive each day she is there. It is a book about love, family and survival. This book has won numerous awards including the \$10,000 TD Award

for Children's literature and a Governor General's Award for the illustrations.

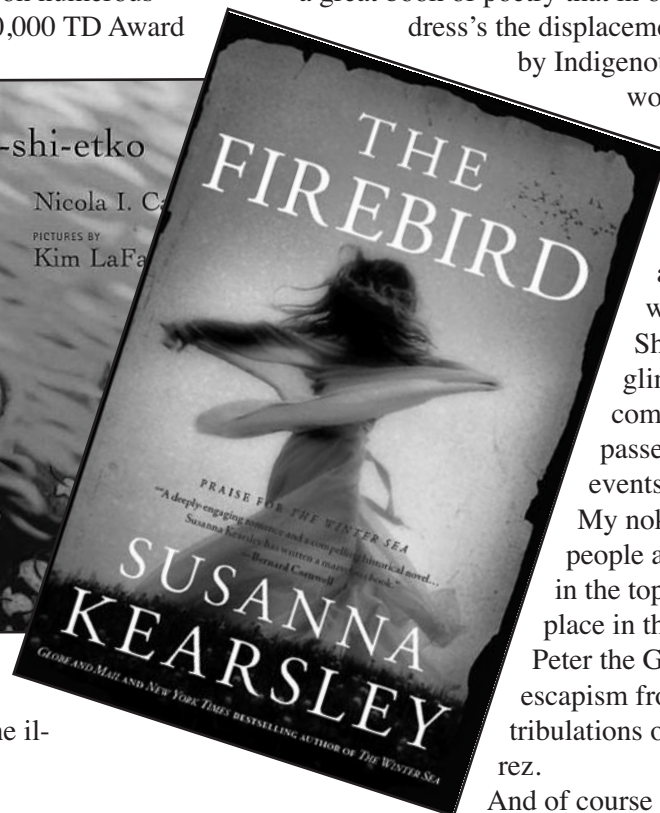
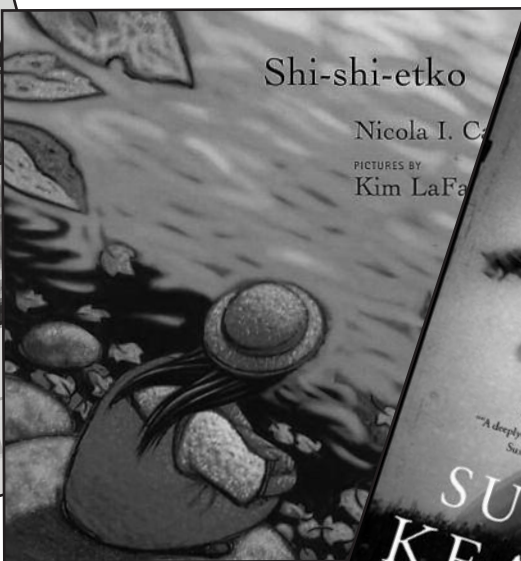
3. Chain Her By One Foot by Karen Anderson is an investigation into how relations of subjugation and domination between First Nations men and women in

Canada was introduced into egalitarian societies that is the root of violence against Aboriginal women today.

4. A Really Good Brown Girl by Marilyn Dumont is a great book of poetry that in often funny ways, address's the displacement and violence faced by Indigenous people in particular women and children. A good read.

5. The Firebird by Susanna Kearsley is about a woman born with the gift of seeing. She sees images, glimpse of those who are coming and who have passed as well as dangers, events and things to come. My nokom was one of these people and so I am interested in the topic. The story takes place in the glittering Capital of Peter the Great's Russia. Great escapism from all the trials and tribulations of real life on the urban rez.

And of course I am also reading all the past issues of Eagle Feather News, Cowboys and Indians, Mother Earth News and Louis L'Amour.



Saskatchewan's future has a strong foundation

Celebrate National Aboriginal Day



Saturday
JUNE
21

Join in the celebrations on June 21 as Canadians recognize the outstanding achievements of First Nations, Métis and Inuit of our land. Here at home they have helped build and shape Saskatchewan and have enriched Saskatchewan in so many ways.

Make National Aboriginal Day your day to remember and recognize the many contributions Aboriginal people are making to build a better Saskatchewan and a stronger Canada.

saskatchewan.ca



Wiichihwayshinawn Foundation Inc.
Proudly Presents

2014 Métis Awards

Saturday September 27th, 2014

Queensbury Convention Centre, Regina SK

Cocktails 5:30pm | Supper 6:00pm | Awards 7:00pm
Silent Auction | Comedic Hosts | Entertainment | Cash Bar

Individual: \$50.00 | Corporate Table of 8: \$400.00

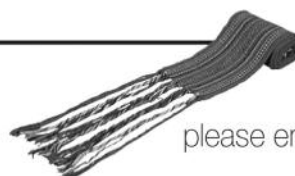
*"Louis Riel" - Social Justice | *"Gabriel Dumont" - Education

*Community & Social Development

*Health & Wellness | *Journalism

*Portrait of Honour | *Lifetime Achievement | *Youth (under 25)

*The Arts | *Most Honourable Métis Woman



For Nominations & Information
please email: wearehelpersregina@gmail.com

Dirk Nation ponders the question: Are men getting softer?

My last column ended with the question, should Dirk share the wisdom and wizardry of Dirk Nation so that more men can reclaim their confidence and swagger, and reignite the passion in their lives?

A daft question. Of course the answer is a deep, "You damn right!"

We start with a problem that way too many men have today. It's a problem that secretly drives our women bat poo crazy, and is making our lives needlessly miserable.

That problem is estrogen. Guys nowadays have too much of it - between 15 to 50 per cent more of it in our systems than did our ancestors, and our testosterone levels are dropping.

The result? Pudgy, feminized shadows of our former selves, complete with man boobs - also known as moobs. It ain't attractive. Sex drives drop, and the quality of our Johnsons?

Not impressive.

Women need us to be men. To take the lead. To initiate. To stand. To serve, but from a core of masculinity - not from a place of sniveling, people pleasing, weakness. And ready to rise to the occasion and deliver his woman to the promised land - every time.

One of the members of Dirk Nation - let's call him Jack - had this problem. Devoted to his wife, he was by all accounts a devoted 30-year-old husband and father, and a damn good provider. When she left him he was devastated.

In gathering up the pieces of his shattered life, one of his first stops was to his doctor.

He wanted to get back in dating shape, and he wanted to do it smart, and he wanted results fast.

His complete physical exam included tests of his testosterone and estrogen levels. The doctor informed Jack that he had the man-juice of a raging kitten.

That news brought into sharp focus the number of ways his life quietly slipped into dullness.

His first priority? Bring Johnson

back to teenage performance levels!

One of his first moves was to bring the issue to the Dirk Nation board of directors. He was shocked. Even the Dirkster once had this problem. And so did other members of the Board.

Turns out, from the age of 25 all men lose testosterone at 1 or 2 per cent a year.

That gradual loss is made worse when diet, exercise and environmental factors are figured in. Men in their late twenties or early thirties are having this problem.

Because we are givers, Dirk Nation gave Jack all the information and tips we could, the first being to cart his arse to his doctor before using any of our amazing strategies.

He did so.

Jack assumed his personal transformation would take weeks, maybe months. But within a few days, he noticed he was moving through life with more confidence.

After a few more weeks Jack reported that he regained his focus. He remembered some of his earlier passions and hobbies.

He took up pursuit of his old dreams. There was steam in his stride.

Even his mornings were different. It used to be his brain would wake first, as if saying "Ahh, man, five more minutes."

His body would wake next, feeling like "Damn, half an hour more sleep." Now it's like, "Hell, yeah, let's do this thing!"

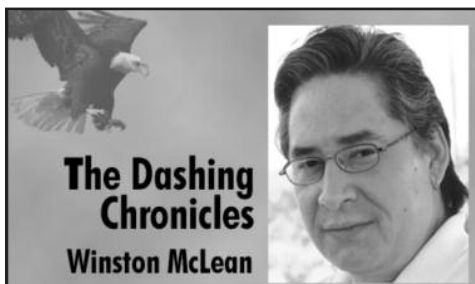
Johnson is awake even before the his brain and body, shouting like he's from that movie, 300, "THIS IS SPARTA!"

You damn right, Jack is moving through his world like a man with a mission. Chicks dig him.

Dirk says, There is no angry way to say "bubbles."

For more information on what Jack did to get his mojo back check out Dirk's column in all of its girth, and full length, at the Eagle Feather News website.

Or you can write Dirk at dirk-dashing@shaw.ca



**The Dashing
Chronicles**
Winston McLean

NAIG Profile

Athlete: Landon Sasakamoose

Age: 15

From: Ahtahkakoop First Nation, SK

Sport: Track and Field

**By Jeanelle Mandes
For Eagle Feather News**

PRINCE ALBERT - Landon Sasakamoose has been in track and field for six years. This is first year competing at NAIG. He says he feels happy to be attending this year.

"It's a pretty big deal, it's NAIG," he said.

He's the grandson of NHL's first Aboriginal hockey player Fred Sasakamoose. You can tell that sports run deep in his family.

Sasakamoose says he trains with an athletics club in Prince Albert and when he's not training with the club he's at home where his father trains him every second day.

He ran at the Moose Jaw track and field provincials and landed a gold medal in the 400-metre race.

His advice to the young and upcoming athletes in track and field is simple: "Work hard and don't give up," he said.

Sasakamoose has recently broken the record in the 400-metre event for Prince Albert District. His record-breaking time was 54.02 that beat 55.60, which was unbroken since 1999.



CALL FOR PROPOSALS

The Government of Canada's Homelessness Partnering Strategy (HPS) has granted Provincial Métis Housing Corporation to be the Community Entity who will administer the Saskatchewan Non-Designated Aboriginal Funding Stream. This Request for Proposals will solicit applications specific to HPS to meet the needs of homeless and people at imminent risk of homelessness in the province of Saskatchewan.

The total amount of funding available is \$1,004,246 under the HPS Non-Designated Aboriginal Homelessness funding stream, to fund projects between August 15, 2014 and March 31, 2015.

The closing date for receiving applications is July 18th, 2014, by 4:00 PM at the following address:

Provincial Métis Housing Corp.
231 Robin Crescent
Saskatoon, SK S7L 6M8

For an application package or more information, contact:

Tenille Thomson
Email: tthomsonmetis housing@sasktel.net
Phone: (306) 343-8240 or
toll free 1-844-396-7933

APPEL DE PROPOSITIONS

Le gouvernement du Canada Stratégie des partenariats de lutte contre l'itinérance (SPLI) a accordé le Provincial Métis Housing à être l'entité communautaire qui sera chargé d'administrer le mécanisme de Saskatchewan Le volet de financement Itinérance chez les Autochtones. Cette demande de propositions sera solliciter des demandes spécifiques de HPS pour répondre aux besoins des sans-abri et les personnes à risque imminent de l'itinérance dans la province de la Saskatchewan.

Le montant total du financement disponible est \$ 1.004.246 dans le cadre du (SPLI) non désigné Le Volet de Financement Itinérance chez les Autochtones, pour financer des projets entre le 15 août, 2014 et le 31 mars 2015.

La date de clôture pour la réception des demandes est le 18 juillet 2014 par 16h00 à l'adresse suivante:

Provincial Métis Housing Corp
231 Croissant-Robin
Saskatoon, SK S7L 6M8

Pour un dossier de candidature ou plus d'informations, veuillez contacter:

Tenille Thomson
Courriel: tthomsonmetis housing@sasktel.net
Téléphone: (306) 343-8240 ou
toll free 1-844-396-7933

Fiddles just a tool Arcand says

• Continued from Page One

He thinks the most difficult part of fiddle playing is to push yourself to play the hardest songs so you learn the craft and different ways to make a note.

And thus began a career that would see Arcand earn several awards including a National Aboriginal Achievement Award for Arts and Culture and a Lifetime Achievement Award for his "Outstanding Contribution to Old Time Fiddling" from the Canadian Grand Masters in 2003. In 2004 he was awarded the Lifetime Achievement Award in the Inaugural Lieutenant Governor's Saskatchewan Arts Awards, the Order of Canada (our country's highest civilian honor) and in 2012 he received the Queen's Jubilee Medal.

He is currently preparing for the 17th Annual Johnny Arcand Fiddlefest in August where he and his wife Vicki host fiddle players from around the world.

"The music is changing. Kids nowadays want to go 150 miles an hour and put in half the notes that you should put in. I have some really nice young students in Ile a la Crosse that are really into fiddle music and they are pulling out stuff that is classical and they like it.

"What do I know about it? Nothing," he said. "But it is interesting seeing 12-year-olds that I taught getting into it. It appeals to them. To save the old songs, not enough Métis kids are involved in it. I've been working on it all my life but it seems like I am not getting nowhere.

"The days of dancehalls and barn dances, those days are gone ... the good part of it is that kids are playing, regardless of how. We can teach them all we want, but are they going to use it?"

And back to the fiddle. He is fighting to save a beat up ornery one that was close to the scrap yard. He prefers to make new ones, though.



Johnny works on a fiddle in his cluttered but cozy work shop on Windy Acres.

(Photo by John Lagimodiere)

Acres with Vicki. They work the yard and tend the garden and Arcand always makes time for his horses. He will even have one racing at Marquis Downs this year or next. The gigs are slowing down, by choice, and Arcand doesn't need to impress anyone.

"When I met the Queen at the Centennial, she didn't seem too impressed to be there," said Arcand. He

has cemented his place in history with all of his accolades and he is the most decorated fiddle player in all of Canada, but he is also the most humble.

"My goal now is to do a concert where all of the players are using fiddles I built. And we intend to do it at the Fiddlefest this year.

"Fun for me, is playing for the common folk."

Fiddlin' around with the numbers ...

How many fiddles do you own?
Around 50 (none are named...I don't fall in love with fiddles, they are tools of the trade)

How many fiddles made?
35.

How many students have you taught? 3,500 (tons at Emma lake fiddle camp)

How many songs have you written?
350-400 maybe...

How many songs can you play?
4,000 probably

Favourite colour? I like blue sky.

Favourite movie? No comment

Favourite TV show? How It's Made and nature shows.

Favourite sport? Boxing and Horse racing.

Favourite artist? Dennis Webber

Best job ever? Teaching fiddle.

Worst job? Logging!

Not bad for a humble Métis from Big River.

At the top of his profession for years, Arcand has been slowing down and mentoring the next generation of fiddle greats.

Through his private lessons and camps he has worked at including Emma Lake Fiddle camp and, of course, the Johnny Arcand Fiddle Festival, Arcand reckons he has taught over 3,500 people.

He knows that fiddle playing will continue, but he rues the times that are a changing.

"Think of the fiddle body as a speaker. Both pieces have to vibrate together and everything has to be symmetrical. The hardest part is scraping out the inside. The wood is really hard and you can't make it too thin," he said as he clamped another piece painted delicately in glue. About \$600 of wood and a bunch of knowledge and patience produce some masterpieces. Arcand's fiddles sell for close to \$5,000. He owns 50 and has built 35 of them. But none are his favourite.

"They are a tool to me."

Arcand loves spending time at Windy



Johnny and his wife Vicki present to children on a regular basis, passing on the love of fiddle and old tyme music.

(Photo by John Lagimodiere)



Remember to float and stir campfire coals

Did you know that last year in Saskatchewan 45 wildfires were linked to campfires?

Some people aren't properly extinguishing their campfires. Many use water to put out their fires, but are missing the necessary second step.

The safest way to extinguish your campfire is to pour water on the coals until they float. Stir. Add more water.

If you spot a fire, call the toll-free number immediately.

saskatchewan.ca/fire | 1-800-667-9660

Government
of
Saskatchewan



Saskatoon Indian and Métis Friendship Centre Annual Native Graduate Recognition Night



Each year we gather as a community to honour, recognize and empower our Aboriginal Grade 12 Graduates. This year the Saskatoon Indian and Métis Friendship Centre hosted with excellence the 30th Annual Native Graduate Recognition Night at Prairieland Park. To encourage lifelong learning and post secondary education, 27 scholarships were handed out. With 153 Graduates and 650 people in attendance, the banquet and ceremony to recognize achievement was our largest celebration in the past 30 years.

30th Annual Native Graduate Recognition Night Scholarship Recipients:

Abbott Law

Association of Saskatchewan Friendship Centres

Atoske Aboriginal Youth Skills Development Program

BHP Billiton Scholarship

Central Urban Metis Federation Inc., Local 165

Gabriel Dumont Institute

Gordon Tootoosis Memorial Scholarship

Greater Saskatoon Catholic Schools

Les Bird Memorial Scholarship

Meyers Norris Penny

Saskatoon Indian and Metis Friendship Centre

Saskatoon Police Service

Saskatoon Public School Board

Scotia Bank, Stonebridge Branch

Sturgeon Lake First Nation Urban Office

University of Saskatchewan Aboriginal Student Achievement Program

University of Saskatchewan Aboriginal Student Centre

University of Saskatchewan Department of Native Studies

University of Saskatchewan President's Office

Robert Ahenakew

Natasha Musqua

Jordanna Roesler

Charlton Checkosis and Kailey Strouts

Mackenzie Tuttle and Autumn Larose-Smith

April Favel

Eric Lischka

Sharon Moccasin, Justine Bearnsears,
Natalie VanBreta, and April Favel

Alvin Strongarm

Tanner Secord

Stuart Martell

Kelsey Sugar

Tanner Secord and Tyra Lavallee

Cheyenne Albert and Autumn Severight

Harley Brass

Avery Michael

Tanner Secord

Laryn Oakes-Yazzie and
Andre Bear-Couillonneur

Breanna Doucette-Garr



We would like to extend a special thank-you to our title sponsor, BHP Billiton, in helping make this event a success. We would also like to thank the Dakota Dunes Community Development Corporation for their considerable support.



Saskatoon Indian & Métis Friendship Centre



Tyra Lavallee received the Spirit and Resiliency Scholarship from the Saskatoon Public School Division. (Photo by Darla Read)

SIMFC continues tradition of honouring Aboriginal graduates

"I value the memories I have of graduating Grade 12 and being honored through this event."

The evening's Valedictorian was Andre Bear-Couillonneur from Oskayak High School. While holding an eagle feather that had been given to him, he told his fellow graduates he believed in them as First Nations and Métis people.

"I was told that this feather means your dreams come true," he said. "You should always let your spirit soar."

Bear-Couillonneur told his fellow grads that despite every statistic standing in their way, they have succeeded.

"As long as we have our young people ... pride and ceremonies ... we as Indian people will persevere," he told them.

"We are the seventh generation, and I say tonight, watch closely, as we change the world."

It is impossible to not be moved by the stories of the graduates.

Saulteaux First Nation's Sharon Moccasin from Oskayak was awarded an academic scholarship from the Greater Saskatoon Catholic School Division. While raising her three young children on her own, she maintained an 84 per cent

overall average. She loves to take pictures of her children, has an interest in photography, and hopes to become a nurse.

Tanner Secord is very involved in sports and maintained an 87.9 per cent average, which earned him the academic scholarship from the Saskatoon Public School Division (SPSD). Next fall, he will be playing football with the University of Saskatchewan Huskies while attending the Edwards School of Business.

And Tyra Lavallee, who attends Marion Graham Collegiate and is a member of the Flying Dust First Nation, was awarded the Spirit and Resiliency scholarship from SPSPD. An active volunteer, she had to overcome one of the most difficult challenges this past year: the death of a parent. Now, she wants to turn the tragedy of losing her father into doing something good for other people. "I did not have the opportunity to help him when he died," she wrote. "But I do have the opportunity to help others who are suffering."

Lavallee dreams of becoming a registered nurse and has been accepted into SIAST this coming fall.

Twenty-five scholarships were given out by 18 providers from the



Andre Bear-Couillonneur, a graduate of Oskayak gave the valedictorian address. (Photo by Darla Read)

public and Catholic school boards, education institutions, businesses, community organizations, and the City of Saskatoon. BHP Billiton was the title sponsor and also provided volunteer support and scholarships.

In addition to the 150 graduates who were honoured, Mintram also presented an award to a SIMFC board member who has volunteered for all 30 years of the celebration.

Paul Koo humbly accepted his award and recognition, but insisted the evening was not about him or the friendship centre.

"Tonight is your night," he told the graduates. "Tomorrow the future is yours."



Dignity

"I believe my job is to move people with dignity and respect, not just to drive the bus. I am at my best when I am of service to my community. And the City of Saskatoon made that possible!"

Dawn Crawford, Transit Operator

City of Saskatoon

New job postings every Wednesday at www.saskatoon.ca
For more information contact Jodi at 306-975-2661.



Helping Build Brighter Futures

Continuing Care Assistant

Location: Meadow Lake, SK

Program runs: September 2, 2014 - May 30, 2015

Application Deadline: June 20, 2014

DTI is pleased to be offering a Continuing Care Assistant program in Meadow Lake, SK. This SIAST Certificate Program will provide you with the tools required to work with individuals in need of special care.

This program will include the following:

Hands-on classroom learning with practical clinical experience. Practicums provide direct experience in home care, long-term care, special care and acute care settings.



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Application forms are available at your local GDI office; in Meadow Lake at 220 B-2nd Street East or call Daniel Downs at 1-877-488-6888

Apply Online at www.gdins.org

Follow us on Twitter - @gdins_org



Victoria Gagne received the Female Outstanding Achievement Award from SaskTel President Ron Styles.

SaskTel Youth Awards an

By John Lagimodiere
Of Eagle Feather News

SASKATOON – The SaskTel Youth Awards of Excellence were created to honour youth like Summer Michel-Stevenson.

Michel-Stevenson is the Junior Chief of the Pelican Narrows Youth Council and works hard to make sure there are activities and a voice for young people in her northern community. Her hard work and dedication saw her rewarded with the Leadership Award at the recent SaskTel Aboriginal Youth Awards.

“It is great that someone is recognizing all of the young people that work hard,” said a shy but excited Michel-Stevenson after the awards. “It felt amazing to hear my name called.”

She was one of over 130 youth that were nominated for awards in ten different categories. Over 800 people gathered at TCU Place in Saskatoon

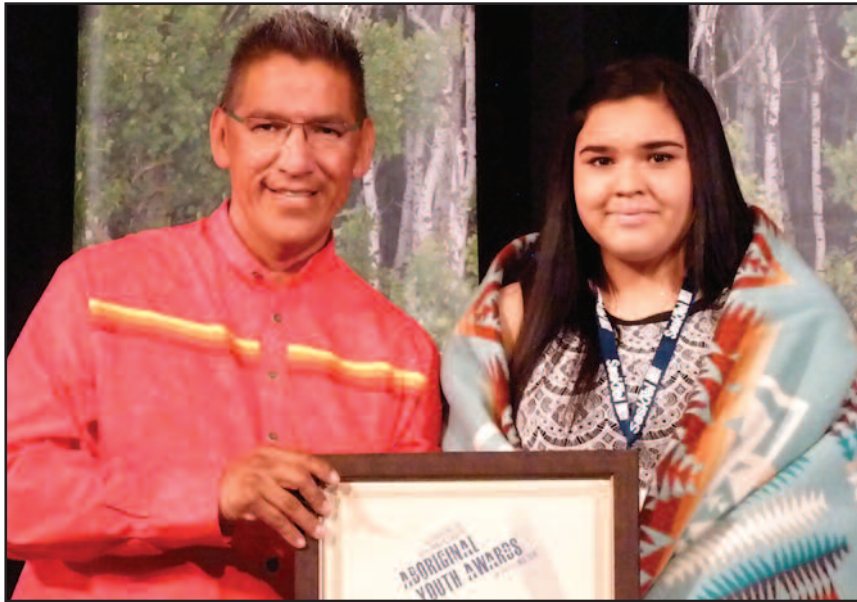
to celebrate all of the young people’s

“We were literally overwhelmed with nominees this year,” said SaskTel Youth Awards President Kelly Cameron.

“The most difficult part was actually choosing one of these young people are so outstanding in all of the above. Some of their stories

Terrell Flett was the recipient of the Spirit Award. He is someone who has overcome obstacles, fought cancer and has been fighting health challenges. He perseveres and is very humble.

“I wasn’t expecting to win. I was nominated by a lot of good people,” said Flett who is in grade 10 and loves school and sports.



(From left to right) Kelly Cameron of SaskEnergy presents the Community Service Award to Cheyenne Albert. Summer Michel-Stevenson receives the Leadership Award. Summer Michel-Stevenson presents the Culture Award to Prairie Rose Littletent. Josh Bodnarchuk received the Male Athlete Award from Jerry Shoemaker of SaskSport.



(From left to right) Stewart Martell received the Education Award from Lionel Tootoosis of SIGA. Ron Styles, President of SaskTel presented the Male Outstanding Achievement Award. Summer Michel-Stevenson presents the Spirit Award to Terrell Flett. Jessee Starr received the Female Athlete Award from Audrey Young of SaskSport.



The Technology and Science Award was presented to Sheldon Lacerte by Sean Wang of Huawei. The Group Award, presented by Eric Cline Vice President of SaskTel.

Overwhelming experience

success.

with the quantity and quality of the Youth Award Board Chair Colleen

ally picking the recipients. Some of g or courageous or athletic or smart s are very powerful," said Cameron. ne Spirit Award. This award is given les in their life. Flett is a survivor of hallenges almost his entire life. But

really surprised as I was up against n Grade 9 from Pasqua First Nation

He credits his strength to his family and his grandma.

"I also get strength from my younger cousin. He fought the same cancer a year after I did." Flett received a standing ovation from the audience. "It was nice," he added shyly, "I was kind of like ... everyone sit down now. This has been awesome seeing all the people here."

Summer Michel-Stevenson is one of a myriad of youth that are cutting new ground and future leaders in Saskatchewan, but before she graduates from Junior Chief to the Chief, she has a few stops along the way.

"No, I am not running for Chief quite yet, first I intend to go to university and for the first two years study arts and science then figure it out from there," said Summer who is very optimistic about the future.

"If you stay in school and with the way our youth are being taken care of I believe we as First Nations are going to lead in the future in a positive way."



rd from Lyle Daniels of Saskatchewan Building and Trades. Lionel Tootosis of SIGA



Achievement Award to Andre Bear-Couillonneur. MLA Jennifer Campeau presented



nt of K+S Potash Canada, went to the Standing Buffalo Lacrosse team.



PHOTOS BY
JACQUELINE
GABRIEL

Jake Lachance received the Fine and Performing Arts Award from Kent Worth of MBC.

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16TH ANNUAL SASKTEL
**ABORIGINAL
YOUTH AWARDS**
OF EXCELLENCE 2014

Thank you to all of our sponsors!
Each year our generous sponsors help us create this memorable event and for that we thank you wholeheartedly.

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It's More Than A Game

MISSISSAUGA

Standing Buffalo Lacrosse

Standing Buffalo Lacrosse

Standing Buffalo Lacrosse

SaskCulture invests in Dene, Métis cultural experiences

By Darla Read
For Eagle Feather News

TURNOR LAKE/LA LOCHE – Funding for cultural programming means more Saskatchewan youth are getting opportunities to learn about who they are.

A culture week that has become annual tradition in Turnor Lake, and a voyageur canoe and camping trip are just two examples.

This year, thanks to a grant from SaskCulture, the community of Turnor Lake/Birch Narrows Dene Nation was able to take a different approach, in part by working with some local artists, as well as bringing in some from other communities.

The project, “Learning Our Culture – Nuhe chalani Hedarilden,” was a five-day Culture/Art Camp that was held in the afternoons at Birch Narrows Dene Community School during March 17 to 21, 2014.

Some of the artists included painter Audrey Dreaver; soapstone artist Curtis Cameron; Lamar Oksisikowiyn, who taught traditional games; antler carver Thomas Montgrand; Virginia Montgrand, who worked with birch bark; and Velma Marceland, who taught the students how to make small drums.

Students also had the opportunity to learn drumming as well as songs, says coordinator Jocelyn Dreaver.

“We wanted our students to know that there are Aboriginal artists out there,” she explains. “We wanted our students to see there are so many opportunities out there – not just job-wise – but different art forms.

“This is a small place, but out there is a big world.”

She says because Turnor Lake has a mix of Métis and First Nations cultures, artists of Métis, Cree, and Dene descent worked with the students.

“You have to know where you’re coming from



Students in La Loche participate in a unique canoe trip exploring Métis history.

before you move forward,” she notes. “And you have to be proud of it.”

Dreaver says the elementary school students were very responsive, and she says the activities definitely had an impact on the high school students as well.

“There’s been a lack of attendance,” she explains, “but a lot came back (to class) especially for the activities.”

From Monday to

Thursday, the Elders took the boys snaring rabbits and setting a net on the lake for fish, which were there served at the feast at the end of the week. The women and girls prepared the food and the boys served it.

Elders played a large part in the week: for every activity, the organizers tried to schedule an Elder to be partnered with the artist.

“It brought the Elders back into the school,” adds Dreaver, noting the Elders and the Cultural Committee are continuing to meet for next year’s school planning.

And, later this summer, students from La Loche will be embarking on a unique, cultural trip.

• Continued on Page 17

National Aboriginal Day

Recognize and support the ongoing contributions of First Nations, Métis and Inuit people in Canada.

Funding support to plan and hold cultural activities taking place anywhere in Saskatchewan, available through the:
Aboriginal Arts and Cultural Leadership Program
Métis Cultural Development Fund
Multicultural Initiatives Fund

For these and other funding opportunities, visit www.saskculture.sk.ca or call Damon Badger-Heit at (306) 780-9251 or toll-free at 1-866-476-6830.

Cultural Activity

Storytelling Choral Archaeology Diversity Playwrighting Craftmaking Band Fest Writing Geni are First Nations culture Anti-racism Awareness Sound Recording Languages Elocution Built heritage Filmmaking Métis heritage Debating Book Publishing

SaskCulture

Saskatchewan LOTTERIES

CULTURE BUILDS COMMUNITY



The elders drum at Turnor Lake/Birch Narrows Dene Nation.



A Grade 2 student shows off the drum she made as part of Learning Our Culture.

Voyageur canoe trip will take paddlers from Hague ferry to Batoche and Prince Albert

• Continued from Page 16

For three days in July, 10 paddlers will be participating in the Métis Dene Voyageur Canoe Trip and Elders Camping Trip.

"The youth will paddle from the Hague Ferry along the North Saskatchewan River system," explains Sandra Jolibois, coordinator of the trip.

The idea behind the trip is to learn the history of Batoche. One evening will be spent in Prince Albert, but the other will be spent sleeping under the stars at the Batoche campsite.

The trip, which is also possible thanks to a SaskCulture grant, will include Batoche tour and history guides, swimming, storytelling, and learning about cultural history – on top of everything that comes with a canoe and camping trip.

Organizers are looking for 13 to 16 year olds, so if you or someone you know is interested, you can contact (306) 822-2606.

SaskCulture's First Nations and Métis Coordinator, Damon Badger Heit, says these are exactly the types of programs his organization is proud to support.

"SaskCulture supports participation and access by the peoples of this province to experience, engage in and be enriched by diverse cultural activities through the use of lottery revenues," he says. "First Nations and Métis culture is a big part of this province and it is through grant programs like the Aboriginal Arts and Culture Leadership grant and the Métis Cultural Development Fund that we are able to provide support directly to communities for these kinds of activities."



Elder Yvonne Oneeye with the Grade 1 students at Birch Narrows Dene Community School.

Share your Culture!

SaskCulture provides funding to support the development and implementation of cultural activities in communities throughout Saskatchewan. Non-profit groups, on reserve or off, interested in engaging First Nations and/or Métis peoples in a particular cultural activity are encouraged to check out the following funding programs:

ABORIGINAL ARTS AND CULTURAL LEADERSHIP FUND

Aims to increase capacity in Aboriginal communities through the development of arts and cultural leadership opportunities involving youth and mentors.
Deadlines: October 15, April 15

CAPACITY BUILDING GRANT PROGRAM

Supports capacity-building opportunities in existing, new and emerging cultural organizations.
Deadline: May 7

MÉTIS CULTURAL DEVELOPMENT FUND

Offered in partnership with Gabriel Dumont Institute, this program supports community-based cultural activities and initiatives that preserve and pass on the Métis culture and traditions.
Deadlines: October 31, April 30

MULTICULTURAL INITIATIVES FUND

Supports multicultural, ethno-cultural, and Aboriginal cultural initiatives activities and initiatives that contribute to the advancement of cultural understanding in Saskatchewan.
Deadline: January 31

For more information on these programs, call Damon Badger Heit at 787-9251 or email d.badgerheit@saskculture.sk.ca. For applications and more details visit www.saskculture.sk.ca.

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FNUniv prof shortlisted for Mars expedition

By Diane Adams

For Eagle Feather News

REGINA – A professor at First Nations University may be one of the first humans to travel to Mars.

Dawn Marsden, an indigenous health researcher and space enthusiast, is shortlisted to join Earth's first manned mission to the "Red Planet."

Some 200,000 people first applied to be astronauts for the "Mars One" mission. That list is now down to 705. The mission, which is privately funded, expects to send four intrepid people to Mars in 2024. Those astronauts will establish a human colony on Mars, with more Mars One missions arriving every two years.

"It's an opportunity to see what Mars has to offer, what the truths are about Mars," Marsden said.

Marsden, a member of the Missis-saugas of the Scugog Island, says she's been interested in space travel since she was a child, living in a rustic cabin.

"I've been dreaming about travelling to other planets even before we had TV," she said. "We saw the moon landing in the '60s and the whole "space race". It was really exciting. A combination of (that) and my own dreams just made me want to be an astronaut from day one."

Marsden says space travel simply wasn't an option for women when she

was younger.

"Women weren't allowed in the military at that time and that was the only path to becoming an astronaut."

Marsden says she's excited to be shortlisted for the trip, but says others sometimes think she's "crazy" for putting her name forward – especially when they find out the trip is one-way only. Mars One's astronauts will not return to Earth.

She says her friends and family are her biggest supporters – especially her 20-year-old son.

"He thinks it would be really good if I was on Mars. I would be leaving a legacy. He's a gamer and likes all that techy kind of stuff – so he's very interested."

Marsden says her greatest interest in space development includes the application of indigenous knowledge on other planets – and concerns about how we colonize them.

"My concern is we're going to do it all over again. We're going to colonize other planets the same way (as Earth). I wanted to ensure that there is deeper discussions about space ethics," she said.

"What are we going to do if we encounter other species ... whether those are humanoid or plant species? We've made many mistakes in our history and we can learn from those mistakes and try



Professor Dawn Marsden wants to go and live the rest of her life on Mars. Really.
(Photo by Diane Adams)

to do it better," she added.

Marsden says indigenous knowledge has a great part to play in a future colony on Mars.

"I've grown up and I've learned and I've listened to a lot of Elders, and for me, that wisdom is golden and as applicable today as it was 200,000 years ago. My interest is to see how we can develop these societies so that they are more environ-

mentally conscious, they are more socially cohesive."

With the next phase of interviews just a few months away, Marsden has her mind in the sky.

"Once we're all settled in there I want to go exploring! What if there is other life out there?"

"I would be really excited to find even a funghi growing somewhere."



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Auntie Mommie survived 12 days with Thor

I watched my nine-year-old niece for 12 days while her mom was out of town. Here's a day-by-day breakdown of how it went down. Spoiler alert: the kid is fine.

Day 1

My sister leaves at five a.m. leaving behind one scared, little person and my niece.

My niece, let's call her Thor (we agreed on this pseudonym – it works cuz she's a super-kid and dangerous with a hammer) wakes up at 10 a.m. and immediately turns on her computer. I hover in the kitchen and glance at her every few minutes, like Dian Fossey observing the wild gorillas. Wait – didn't Fossey die in that movie?

I get a text from a friend inviting us to a last minute birthday party at the Fun Factory. Two minutes in the place and I declare it to be an unfriendly shithole because they make me buy socks for both my niece and myself. Later after two hours of crawling through the plastic mazes, I upgrade it to: a "Fun-Place to Scrape Off Your Knee Cartilage."

Day 2

Thor and I go swimming at the Shaw Centre. I'm feeling fat and as if to drive that point home, the pool is stocked with couples with matching flat bellies and a sneering air of "carbohydrates are for the weak." So what, I sneer back, at least it's easier for me to float.

My niece and I head over to the high diving board. Thor dares me to jump off and I sashay to the end of it, explaining that the trick is to not look down. Once at the end however, I realize there is another trick – not being a chicken-shit. A line up of children behind me mocks my cowardice.

But I do not succumb to peer pressure, I inch backwards on the board like I'm rewinding my courage in slow motion.

Thor points out that moonwalking off the diving board

was the most dangerous thing that I could have done. I agree but explain that fear is not rational and that we should go home because I really need a drink.



Days 5

We go wall climbing at Rucker's. Thor motors up the walls efficiently – she's been climbing since she was five. A woman with a little boy who can barely climb to his feet without falling down, says, "Wow, she's really good." I tell her, "Yeah and it's her first time too." (A huge part of being a parent is psyching out other parents.)

Thor convinces me to give it a try. I make it to the top but I'm too afraid to let go. So I try to climb back down. Eventually my shaking arms give out and I scream even as the harness carries me safely to the ground. "That was the diving board all over again." Thor shakes her head ruefully.

Days 6-7

It's the weekend and normally, I'm out doing something fun and unhealthy. But I cannot leave the house because I have no childcare. My sister left a list of babysitters but I picture myself stumbling in at 1 a.m. smelling of wine and Axe-body-spray.

When you're in that state, the last thing you want to see are the judgmental eyes of a teenager taking a scalpel to your soul.

Day 8

All day long I am tired. Thor appears to never need sleep. Every night, we play bedtime chicken where we see who can stay up the longest. She always wins. While watching awful Nickelodeon sitcoms, I discover a way to nap with my eyes open by turning off my brain. (Patent pending.)

Our diets have gone slightly awry: this morning even the dog was eating potato chips.

Day 9

I want coffee but I need Thor to get up before I can drive to get it and Starbucks doesn't deliver! (I've addressed this with them many times, to no avail.) I've never felt so trapped in my life.

As soon as she wakes up, I ask her sweetly: "Can you come with me to get coffee?" She says, "Sure."

I practically dance into Starbucks. "FREE AT LAST! FREE AT LAST! THANK GOD ALMIGHTY, I'M FREE AT LAST." The parents understand.

Day 10

Thor's hair is thick and curly. I mist the hair with a detangling spray; I pick at the knots. I untangle one and then find another. Her hair has an unlimited supply of snarls, like racists at a Conservative convention. I give up, the top layer is combed but the underside is an apocalypse of curls and frizz. Thor is fine with this. And so am I – from ages six to 26, I rocked a very similar 'do.

Day 12

It's our last day together and we make the most of it: we go to a movie, head to a BBQ, hold hands a lot and make fun of other people. It's a truly wonderful day.

In summary, after 12 days together: there were zero tantrums, zero sick days, and zero emergencies. There were also zero vegetables, zero homework completed and zero floor-washings. I'm calling it a win.



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- Assists with preparation of a yearly and seasonal program schedule for neighbourhood and district programs delivered by the Department and with community associations and other agencies.
- Coordinates and facilitates leadership training programs for instructors, staff and volunteers. Facilitates cooperation among community associations by providing programs that meet the neighbourhood and suburban needs of the residents.
- Evaluates the quality of programs delivered in order to maintain customer satisfaction.
- Facilitates cooperation among community associations by providing programs that meet the neighbourhood and suburban needs of the residents, without duplication, and facilitates a link between community associations programs and programs delivered by the department.

Candidates should have a recognized, two-year, post-secondary program in recreation and leisure with four year's related experience in program design and delivery of recreation activities to the aboriginal population, including one year supervising program staff.

Salary: \$4,656.18 to \$5,133.48 per month.

Please forward your resume in confidence by 5:00 p.m. on Monday, June 30th to: Human Resources, City Hall, 222 Third Avenue North, Saskatoon SK S7K 0J5; Fax: (306) 975-3073; Email: careers@saskatoon.ca



For complete employment details, go to www.saskatoon.ca, visit us at Human Resources - City Hall (222 Third Avenue N), or call 975-3261.



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Saskatchewan celebrates National Aboriginal Day June 21

Prince Albert

Karen Cay, Kinistino – coordinator NAD

This year, Prince Albert is celebrating National Aboriginal Day (NAD) in Kinsmen Park on June 21. It runs all day from 9 a.m. till 7 p.m. and it's free.

Karen Cay, NAD coordinator, says they are partnering with a group in the city called "The Regional Aboriginal Peoples Circle".

They are doing two events in conjunction with this year's NAD. They are doing a walk for missing aboriginal women and they are also having their second attempt at recreating the world's largest round dance. This year, she said they really wanted to focus on youth and cultural teachings so all the stage performers are young and up and coming musicians. They are featuring traditional and contemporary music, Métis and First Nations music.

The band Constant Reminder from James Smith First Nations is this year's headliner along with musician, Leonard Adam and sons. There will be powwow dancing demonstration by the Thundering Sky Dance troupe. Matthew and John Dreaver will be hand-drumming. The Northern Lights Dancers are a jigging dance troupe from P.A., who will also be there. They will have entire children's area, games and crafts. They are also having elder cultural teachings throughout the day. They will be having a teepee setup in the morning, afternoon and late afternoon so our people can see and take part.

Cay says it's an opportunity for Prince Albert to highlight First Nation and Métis talent in the city but it's also an opportunity to amalgamate with the community.

"It's a community event; it's not an event for Aboriginals. We are really encouraging everyone to take part. We just want lots of people to come and enjoy the day," said Cay.

There will be a free barbecue at noon put on by CUPE 4777.

This year, Saskatoon will be celebrating National Aboriginal Day (NAD) at Friendship Park on June 21 starting at 11 a.m. and running until 4 p.m.

Mintram said they will be starting with a grand entry which will include dignitaries and veterans. "Our theme this year is 'Honoring our women'. We'll be making special mention of those missing women," said Mintram.

They will have a drum group along with speeches from chiefs, a representative from the Métis Nation-Saskatchewan, the mayor of Saskatoon and some political representatives.

They will be providing a free meal; soup and bannock with fruit and cake for dessert.

"We bring over 2,000 servings of food to feed a lot of people, we usually have thousands of people coming to the park to celebrate. It's a family friendly event," said Mintram.

They will be having face painting from noon until two p.m. There will be local entertainers on stage including Krystal Pederson, the Calling Bear dancers and drum group and also some good fiddle music. "It's a good opportunity to explore cultural diversity and learn about the Aboriginal community," said Mintram.

Regina

Orenda Yuzicapi - Organizer

Regina's National Aboriginal Day celebration will be held in the Northwest corner of Wascana Park near



the Royal Saskatchewan museum on Saturday, June 21.

There will be contemporary and traditional Métis and First Nations entertainment. The highlight is the traditional powwow held every year.

There will also be cultural demos, sporting demos, powwow; a Métis cart construction display, as well as numerous community booths that focus on aboriginal programming, arts and crafts and food. There's something for everyone and it's a free event.

The opening ceremonies/grand entry start at 11 a.m. and they retire flags around five p.m.

Yuzicapi says that National Aboriginal Day means the "Heritage, culture and language constitutes the backbone of First Nations, Inuit and Métis communities across Canada".

"A strong vibrant culture relates healthy communities and a strong people. Celebrating our connection to our culture on National Aboriginal Day strengthens our awareness, pride, knowledge and overall health. And when we share our culture, we create better education by understanding and everyone gains," she added.

There will be different food vendors for many NAD participants to choose from.

— By Jeanelle Mandes

Saskatoon

Bill Mintram – Executive director –
Coordinator – Saskatoon Indian & Metis
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- Living out allowance of \$145 per day worked and travel allowance to those who qualify

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Took me awhile to find out what being Ojibway meant

For the longest time I wondered what it really meant to be Ojibway. As a child growing up in a non-native world, the word Ojibway was always just a word. I was never allowed to frame a definition for it. Instead, I was expected to become a cardboard cut-out of the person my white adopted family wanted me to be.

That image had nothing to do with being Ojibway.

I lived in a strict Presbyterian home where church and discipline were the twin tenets of living. You followed the commandments and you followed the rules and there was no room for any living outside of those lines. I was never offered the chance to connect with any of my own people. Apparently, there was no reason to do so. In that world, adopted meant painted over and forgotten.

I left that home at 16 and finally rejoined my Ojibway family in 1979 when I was 24. Talk about culture shock. My greatest fear back then was that if I didn't fit in with my own people, if they didn't accept me, then I would be truly lost. I worried about that. I'd spent my entire life searching for a peg to hang it on and I really wanted it to be a brown one. But I was still unsure of what Ojibway meant because when I disappeared into the

adoption vortex my identity was lost to me.

But I was hungry to learn. There seemed to be an enormous amount of things the people around me took for granted. I wanted to know about these things and I searched valiantly everywhere. There were a lot of books. I dove into them with a passion but I always seemed to come out of them feeling even more lost.

As much respect as I had for the written word, books didn't seem to be able to contain the spirit or the energy I was looking for. Later, I would discover that learning to be native from a book is about as effective as learning to dance by climbing trees.

Then there were gatherings. I went to feasts and powwows, tea dances and round dances, hand games and sports tournaments and as much as I was welcomed, enjoyed myself and felt the beginnings of a definite connection, there was still something profound lacking in those joyous occasions.

I didn't know what it was but I could

sense it. The people had a spirit, a definite, particular energy and I wanted to find it.

Ceremonies brought me closer. When I went to sweat lodges, sun dances, naming ceremonies and spiritual gatherings there was a palpable sense of rightness that I'd ever encountered before. I fasted, did four-day Vision Quest ceremonies, made tobacco offerings and spent time asking

questions about ceremony of traditional teachers. Ritual seemed to be the closest link to what I was looking for and I went as often as I could.

I talked to a lot of older people and they had hundreds of stories about the older, more traditional tribal times. I got lost in those. The way they were told made me able to see and get a vivid sense of what it must have been like before everything changed forever. The greater part of my cultural education and reawakening came from the stories people gave to me.

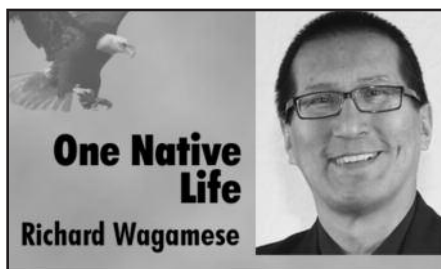
I searched and I searched for the definition of what it meant to be Ojibway. I learned a lot. I was given a tremendous amount of teachings. I was even directed

to become a storyteller. In the end it was the people themselves that gave it to me. The more time I spent with them and grew to feel comfortable and accepted and a part of things, the more I opened myself to the experience, the more I saw who I was created to be.

I remember standing on the shore of a river in northern Saskatchewan watching old men smoking, laughing and mending nets. They were comfortable in the work and with each other and their hands moved almost by themselves. They chatted and their fingers twirled and pulled and shaped the nets into workable fashion and it fascinated me. Their hands remembered. The activity lived in their skin. When they looked up and saw me there they smiled, their hands continuing the dance they've learned by touch.

That's when I finally got it. That's when I knew that what it means to be First Nations, aboriginal, indigenous, Ojibway, or even Scot, Iranian and German, is learning to inhabit what you do. Pulling it into you. Letting it become you. Letting it live in you.

Being Ojibway, being human, is the effortless, almost mindless mending of the nets we cast across the currents of time.



NOW THAT'S MORE PLEASANT

Pleasant Hill Park in Saskatoon is sometimes seen as a scary place for kids and families to go to. The odd rough group of kids smoking dope and jerking around can make the park empty out. But now on Wednesday nights a group of guys who just like to drum have been congregating on a hill and playing drums and singing songs. And then a few more guys joined them. Then some women singers. Then some families came and played in the park, and kids came back. And now, Wednesday nights see a busy park with people celebrating their culture and the odd person breaking out into a dance step. Funny how that works. See the full photo gallery on our website.

(Photo by John Lagimodiere)

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National Aboriginal Day history quiz – How smart are you?

1. This Saskatchewan born actress starred in APTN's TV movie *Skye and Chang*.

- a. Jennifer Podemski
- b. Sera-Lys McArthur
- c. Kristin Friday
- d. Andrea Menard

2. According to its website, this movement that began in Saskatchewan has become "one of the largest Indigenous movements in Canadian history" and has "changed the social and political landscape of Canada."

- a. American Indian Movement (AIM)
- b. Idle No More
- c. Indigenous Women's Network
- d. Transform Columbus Day Alliance

3. With over 20,000 speakers, this is the most commonly spoken Aboriginal Language in Saskatchewan.

- a. Nêhiyawêwin
- b. Michif
- c. Dene
- d. Ojibway

4. This actor is of Plains Cree descent from Sakimay First Nation and has landed roles in major motion pic-

tures *Twilight: Eclipse and Defiance*, as well APTN's TV series *Blackstone*.

- a. Matthew Strongeagle
- b. Waylon Machiskinik
- c. Justin Rain
- d. Neal McLeod

5. Demographic projections indicate the Aboriginal population of Saskatchewan will grow to 32.5% of the province's population by this year.

- a. 2025
- b. 2035
- c. 2045
- d. 2055

6. What percentage of Northern inhabitants of Saskatchewan are Aboriginal?

- a. 50%
- b. 60%
- c. 70%

7. In what year did Treaty 1 negotiations conclude with the Ojibway of the Lake of the Woods?

- a. 1869
- b. 1870
- c. 1871
- d. 1873

8. In what year was Treaty 11, the last one, signed in Canada?

- a. 1911
- b. 1921
- c. 1931
- d. 1941

9. This rugged Métis hockey player from Meadow Lake plays for the Los Angeles Kings and has already won a Stanley Cup.

- a. Reggie Leach
- b. John Lagimodiere
- c. Dwight King
- d. Jordan Nolan

10. This major national sporting event will take place in Regina from July 20-27.

- a. Canada Games
- b. Saskatchewan Games
- c. Commonwealth Games
- d. North American Indigenous Games

11. This popular TV personality is rumored to be in the running for National Chief of the Assembly of First Nations.

- a. Nelson Bird
- b. Wab Kinew

- c. Tom Jackson
- d. Trevor Cameron

12. How many people get to vote in Métis National Council elections?

- a. 250,000 but none from Quebec
- b. 55
- c. 55,000
- d. Does it matter?



13. What is the name of Andrea Menard's latest album?

- a. Lift
- b. Hoist
- c. Up
- d. Boost



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Play Responsibly

National Aboriginal Day history quiz – How smart are you?

14. She is the only current Aboriginal woman Member of the Legislative Assembly in Saskatchewan.

- a. Joan Beatty
- b. Jennifer Campeau
- c. Michelle Hugli
- d. Deanna Smith-Carlson

15. Prior to 1951 First Nations could not do “what” with their band money?

- a. Subsidize deserted powwow travelers.
- b. Pay for trips to Vegas
- c. Hire lawyers to fight the government
- d. Go to Rider games



16. 1885 is the year of the Northwest Resistance. Where were the first shots fired that started it all?

- a. Saskatoon
- b. Pile ‘o’ Bones

- c. Duck Lake
- d. Fort Pitt

17. What year was the Saskatchewan Treaty Land Entitlement settlement?

- a. 1925
- b. 2001
- c. 1992
- d. 1985

18. Who coined the term “First Nation”?

- a. Sol Sanderson
- b. David Ahenakew
- c. Gordon Tootoosis
- d. Ovide Mercredi

19. What Aboriginal actress was a member of the House of Commons?

- a. Irene Bedard
- b. Tantoo Cardinal
- c. Tina Keeper
- d. Angelina Jolie

20. When was the first Aboriginal newspaper, The Native Voice, established in Canada?

- a. 1952
- b. 1946
- c. 1906
- d. 1937

21. What year did the first edition of Eagle Feather News hit Saskatchewan newstands?

- a. 1968
- b. 1976
- c. 1998
- d. 2001

22. Where does the word Canada come from?

- a. Cree word meaning big
- b. Huron-Iroquois word kanata meaning a village
- c. Saulteux word for cold
- d. Navajo word for strong territory

23. According to the book Saskatchewan: A New History, which was the last Plains Cree group to settle on reserve in Western Canada?

- a. Wood Mountain
- b. Big Bear
- c. Nekanee
- d. Little Big Horn

24. National Aboriginal Day Live is broadcast live from two Canadian cities every year. Last year it was Winnipeg and Iqaluit. What cities are hosting the celebration this year?



- a. Winnipeg and Vancouver
- b. Winnipeg and Saskatoon
- c. Winnipeg and Halifax
- d. Winnipeg and Thunder Bay

25. Late great actor Gordon Tootoosis once co-starred with David Hasselhoff in what movie?

- a. Alien Thunder
- b. Legends of the Fall
- c. Cowboys Run
- d. Pocahontas

Here are the answers.
No peeking!

5. c	10. d	15. c	20. b	25. c
4. c	9. c	14. b	19. c	24. c
3. a	8. b	13. a	18. a	23. c
2. b	7. c	12. b	17. c	22. b
1. b	6. d	11. b	16. c	21. c

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McArthur thriving in her acting journey

Sera-Lys McArthur is an actress who was born and raised in Regina. She has recently had breakout parts as the lead on APTN's TV movie *Skye and Chang*, as well as a recurring role on CBC's *Arctic Air*. After stops in New York City, Vancouver, London and Los Angeles, Eagle Feather News recently caught up with Sera-Lys in Toronto where she currently resides.

Mike: You grew up in the sports crazy city of Regina. How did you possibly get attracted to acting?

Sera-Lys: Acting kind of came to me. It all goes back to when my mom signed me up for modeling classes at the local Rec Centre. I didn't know what modeling was, really, but I really enjoyed it, so I took more with a local agency and then I was on their children's modeling roster. The CBC miniseries 'Revenge of the Land' came to town and they called my agency to have me audition for a little Métis girl. When I walked in, the director and producers flipped out because they thought I looked just like the actress they had cast to play my character's mother, Carmen Moore.

Mike: Who was your acting hero growing up?

Sera-Lys: Lucy Lawless. Xena ruled my world when I was a pre-teen. She was just so kickass! I think it really helped my development as a strong, independent woman, as well as inspiring my acting.

Mike: What was it like playing Skye in the female buddy/kung fu APTN TV movie *Skye and Chang*, written and directed by Cree filmmaker Loretta Sarah Todd?

Sera-Lys: Making *Skye and Chang* was basically a dream come true for me. It's a very entertaining show and I do hope we get to do more of it. It also brought Kung Fu into my life, and I have learned so much from practicing this Martial Art.

Mike: Did you have to learn kung fu or were already a master?

Sera-Lys: I began taking Kung Fu about three to four months before we went to picture, and then I have continued to train since then. I think I will always be a student of Kung Fu in some capacity.

Mike: Who is the most badass martial arts movie star of all time?

Sera-Lys: I am not sure who to say here ... I guess Michelle Yeoh for females. Maybe Jet Li, Bruce Lee, or even Jackie Chan. There are so many immensely talented performers in this genre!

Mike: What was it like working with Aboriginal acting icons like Adam Beach, Michelle Thrush and Carmen Moore on *Arctic Air*?

Sera-Lys: As I mentioned, Carmen played my on-screen mom in the first thing I was ever in. So I have always had a special connection with her. It

Sera-Lys McArthur

was awesome to meet Michelle on set when she played my mom on the pilot of *Arctic Air*, the day after her big Gemini win for best actress for *Blackstone*. I really like watching her work. And I owe Adam a big thank-you, for encouraging my career in

all sorts of ways. He's got such a positive,

supportive energy. That's the thing about working with Native stars; they're all very humble and you wouldn't know they were "icons" if you were just having a conversation with them.

Mike: How is living on Toronto compared to Regina?

Sera-Lys: Toronto is very international and also very Canadian. I like it here because I can support myself and get around by transit or walking and there's always something fun and interesting to do. I don't necessarily feel like I belong here, either. I think it's my nomadic blood. A cultural counsellor once told me that I am following my acting career for sustenance in my life journey, just like my ancestors followed the buffalo herds for theirs. Made sense to me.

Mike: Are you getting gigs, auditions?

Sera-Lys: I have been doing a lot more theatre since *Arctic Air* Season 3 wrapped. I did a one-woman show that toured with Native Earth called *In Spirit*. I recently was cast to help create a new show with Red Sky Performance called *Mistatim*.

Mike: What kind of advice would you offer young actors and actresses trying to make it in the uber-competitive and cutthroat entertainment biz?

Sera-Lys: I would say that they should do their research and decide a clear career path/goal for themselves. It's OK if that goal changes, but it's important to be goal oriented. Training is essential. Natural talent is a small and important part, but attitude and determination, commitment are all very necessary. Take care of yourself, eat healthy, get enough sleep, be active and strong. Most importantly, believe in yourself and stay true to who you are! Everyone's journey is their own.



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Fred Sasakamoose, Joseph Anderson and some of the youth attending the camp admire Sasakamoose's hockey memorabilia.

Former NHLer Sasakamoose inspiration for youth camp

By Jeanelle Mandes
For Eagle Feather News

REGINA—In late May, the University of Regina was filled with over 20 First Nations students from all over Saskatchewan to attend the Fred Sasakamoose Aboriginal Youth Leadership & Wellness Program. This year is their third year hosting it but it's their first year with the name change.

The camp incorporated five mentors from the Regina community and they were trained by the Health Advocacy and Research Training (HART) program to prepare them for the camp.

JoLee Sasakamoose, with the HART project, said they've partnered with the camp to train the mentors.

"We tried to pick people who we knew stood out as leaders. We've already had people inquiring about how they can be a part of this program next year," said Sasakamoose.

The mentors learned team building, wellness and leadership skills to apply to their roles in the camp.

"They open every day with a smudge circle, yoga and meditation at 9 a.m. every day. Then they start self-reflective work, looking at themselves on how to be better people," she said.

For Nicole Akan, one of the camp mentors and assistant organizer, this was her third year with the camp. The camp invited Fred Sasakamoose in the previous year to be a keynote speaker and they were inspired through his life story which led their decision to change the name of the camp.

"We wanted to honor him and we just wanted to continue to have him be a huge part of this program for years to come," said Akan.

Sasakamoose was the first Aboriginal hockey player to play in the NHL for the Chicago Blackhawks when he was 19 years old.

"We want the name to be known and this year we already had a waiting list, we had to refuse quite a few applications," said Akan.

The camp consisted of many guest speakers including the man himself, Fred Sasakamoose. He said he felt honored to have the camp named after him.

"It's nice to name a program after me; it brought a lot of kids here. It's wonderful being able to see that it's something being done for the youth," said Sasakamoose.

The camp had organized various activities for the youth including presentations from role models, tipi raising, a pipe ceremony and even a game of water polo, a sport favored by many camp participants including Zachary Strongarm.

Strongarm, a Grade 10 student from George Gordon First Nation, said he was asked if he was interested in attending the camp from his school. He agreed and said the camp wasn't what he had in mind.

"I just thought it'd be like workshops. I like it a lot; it was more than what I expected. We played some games and had some fun exercising," said Strongarm.

The camp targeted Aboriginal youth with health and wellness as their mandate and also to make it fun for future camp participants.

"If anyone else comes here, they'll probably like it the same way I did," adds Strongarm.

The camp ended on May 31 with the participants who took home their gained knowledge, skills and memories back to their communities.

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Regina preparing to welcome North America to Saskatchewan

By Jeanelle Mandes
For Eagle Feather News

REGINA—The North American Indigenous Games (NAIG) committee is busy planning and organizing to ensure this prestigious international event is a great success in Regina during the week of July 20-27.

From planning the hotel accommodations to the lance run, it has a lot of people working around the clock.

The NAIG accommodations coordinator, Dan Schmidt, says they have booked nine different hotels in Regina for all the athletes, coaches and chaperones.

"The hotels have been good to deal with. The hotels are very happy for the business. The NAIG will be creating a lot of revenue for everybody, restaurants, hotels and shops. That's a lot of money being delivered to the economy of Regina," said Schmidt.

It wasn't revealed how much NAIG will have to pay for the hotel accommodations.

"NAIG has different departments and each a specified budget. We can make it work," said Schmidt.

Four of the hotels contacted have reported having some room availability for the week of NAIG and two of the hotels confirmed they are completely booked up.

Another busy preparation the NAIG committee is organizing is the Lance Run.

It is set to start on June 30 from Prince Albert, to major cities such as Saskatoon, North Battleford, Meadow Lake, La Ronge and Yorkton. Each city will be welcoming the lance run with events such as meals and entertainment.

Shalen Fox, organizer for the North Battleford event, says the Battleford Agency Tribal Council (BATC) are planning on meeting the Lance runners five kilometers outside the city to welcome them into their community with a barbecue and a list of dignitaries from the city's mayor to BATC chief and council members.

"It feels good coming here. It showcases our culture and the meaning behind it. It's building towards First Nations youth going to the NAIG. Some of them this is their Olympics and this is an achievement for them," Fox said.

"The ones participating on the Lance Run, it's a journey on the cultural side, it's a big step for our younger youth keeping the culture alive."

The most important objective of the Lance Run would be the spiritual and cultural aspect of the Lance and the significance of the run. It also promotes the significance of the Lance being celebrated of achievements.

The Lance Run committee went through the list of applicants and based on their criteria selected the top 10 runners.



NAIG symbols Paskwa-Moostos (Cree for buffalo) and Tatanka Ci'Stina (Dakota for little buffalo) are ready to welcome North America to Regina. (Photo by Jeanelle Mandes)

NAIG's Lance Run coordinator, Allan Ross, says as the Lance runners approach the communities there will be two police officers escorting from the front and the back along with an entourage of vehicles each decorated with the logos and branding of NAIG.

The runners will be running together in a group taking turns carrying the Lance

stick described like a baton race.

Whether it's preparing the hotel accommodations for the athletes, coaches and chaperones or making preparations for the Lance Run visits to the different cities and communities, a lot of people are pitching in to make NAIG a memorable experience for Saskatchewan to remember.



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Former NAIG athlete returns as head coach of Sask. lacrosse team

By Jeanelle Mandes
For Eagle Feather News

REGINA—Keenan Cummings was a soccer player for Team Saskatchewan in Denver, Colorado in 2006.

He will be participating in the North American Indigenous Games (NAIG) this year in Regina, not as an athlete but as the head coach for the Youth 16 for the lacrosse team.

"I feel confident, I feel that we do have a strong team. We have kids from all over Saskatchewan so hopefully that diversity can each bring a different piece to the team and help us excel and succeed in the games," said Cummings.

Cummings is from North Battleford but currently lives in Regina where he will be convocating next month from the University of Regina with a degree in Social Work.

He said he's been playing lacrosse for nine years all across Saskatchewan, Alberta and British Columbia. He's been coaching lacrosse for the past three years and NAIG will be his highest level of coaching.

"I'm actually the only First Nations coach of lacrosse. I feel confident and I feel that we have a strong team. We have kids from all over Saskatchewan so hopefully that diversity can bring a different piece to the team to help us excel and succeed in the games," said Cummings.

He trains his team by focusing on the medicine wheel by looking at each piece and incorporating it into his coaching skills.



Keenan Cummings is head coach for the Youth 16 Lacrosse for Team Saskatchewan. (Photo Jeanelle Mandes)

"Just looking at the physical piece; the training, the running and to be in tip top shape. Also the mental piece by dealing with the different people that will be there like the cameras and the TVs. Also the cultural piece, learning why we're there, that's for Team Saskatchewan but to honor the elders and to have that respect and honor for the game," he said.

Cummings said lacrosse has given him that outlet to have some fun and to release some of that aggression. He

said it has definitely taught him more cultural teachings and wanting to learn more about the sport that led him to find his cultural side.

He said good luck to all the NAIG athletes competing this year.

"Have fun and enjoy it. Let's do well, succeed and let's bring home some gold medals.

"We're in Regina so let's represent Saskatchewan well," said Cummings.

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