



In This Issue

In This Issue

[Lest We Forget: Francis Pegahmagabow](#)

[How To Make A Feather Hair Clip](#)

[Gerald Gloade's Nickel Unveiled at Millbrook First Nation](#)

[Métis Cookbook](#)

[Jane Fonda At Standing Rock](#)

[Anishinaabe Stories About The Mischievous, Wise Gray Jay](#)

[On The Blog: The Church, The Company, and a Special Child](#)

[Growing Up Indigenous When You Don't Look It](#)

[The Many Names of the Métis: Here's More About the Chicot](#)

[Mni Wiconi - The Stand at Standing Rock](#)

[A Member Writes](#)

[Science Corner: Stereotypes about Native Americans and Alcohol Debunked](#)

[Historical drama Frontier tells story of 'invasion' of northern Ontario](#)

The articles in this Newsletter are the opinions of the authors and not necessarily those of the producers of The Feathers In the Wind Newsletter.

Anishinaabe Stories About the Mischievous, Wise Gray Jay Recently Named Canada's National Bird

I'm writing about an old relative, one that goes by many names. To the Cree, she is wisikejack. To the French, she is mésangeai du Canada. To the English, she is gray jay. To my people, the Anishinaabe, she is Gwiingwiishi.

Gwiingwiishi has lived with us since the beginning. She is a life giver, a trick player and one of the smartest beings in Creation. Everything she does challenges thought and perception, gifting teachings of responsibility, relationships and life.



New National Bird of Canada
The Gray Jay

Many say she is a food-stealer, but she is brave in her fearlessness, bright in her mistakes. She is kind to those who are kind back, harder on those who need a dose of humility. She is the best parts of all parts.

Unlike many birds, she stays among our lodges all year, watching, playing and calling for our attention constantly. She is fierce in her protection of her family and community, travelling only with her relatives and taking care of her young. She hides her food in tree caches, as she is constantly on the move, constantly going and returning, constantly visiting all. Gwiingwiishi is a great, wise teacher, and there is an old story that tells of her abilities to give gifts.

[Read The Full Story Here](#)



Francis Pegahmagabow

Lest We Forget: Francis Pegahmagabow

Aboriginal Warriors have proudly served the military since before they were even considered Canadian citizens.

Francis Pegahmagabow served in the First World War and was considered the most successful sniper of any country during that time. He also gathered intelligence, and went on to become the most decorated Aboriginal Soldier in History. Watch the video of his life story at the link below.

[Watch Video Here](#)



How to Make a Feather Hair Clip - Craft Tutorial

This wonderful tutorial on how to make a gorgeous feather hair clip could be the perfect "stocking stuffer" or the ultimate craft activity for the colder winter months.

[See Full Tutorial Here](#)



Gerald Gloade's nickel unveiled at Millbrook First Nation

When Gerald Gloade found out his illustration of a beaver was going to be on the 2017 nickel, he was beyond happy.

The Millbrook First Nation



On The Blog: The Church, The Company, and a Special Child

Many of the latest blog posts in our OMFRC blog explore not only the name of many important Metis ancestors in Canada we are also trying to create some context and background to give you a visual picture or image of what their world was like at that time. We discuss the situations and important people who were involved, what conditions and politics were like and how they fit into the context of history. We hope you enjoy our latest blog post which delves into the history and family of Marie Olivier Sylvestre Manitoubeouch.

[Read The Blog Post Here](#)



We originally shared this CBC segment to our Facebook page and the response we got was absolutely overwhelming. We wanted to share this with the entire community in hopes they take something positive from it as well.

Growing Up Indigenous When You Don't Look It

Has anyone ever asked you where you come from? Or what your ethnic background is?

Ethnicity and how the world perceives you don't always go together. Which presents a challenge for a growing number of Indigenous people who might not look exactly like their ancestors.

This week on Unreserved we are speaking with several Indigenous Canadians who are not visibly Indigenous.

[Click Here To Listen To Podcast](#)

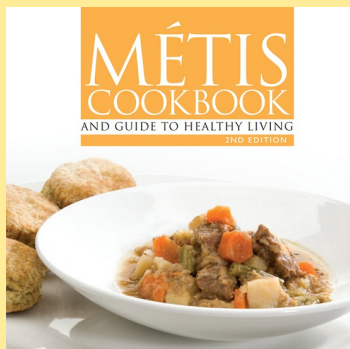
The Many Names of the Métis: here's more about Chicot

Chicot, like many names given to Indigenous Peoples such as Nipissing, Ahousat, Yellowknives, Mississaugas etc., is in fact a place-name. Chicot is a river that runs into the archipelago between Trois-Rivières and Montréal, between Berthier and Sorel

artist's work was chosen from thousands of entries for the Royal Canadian Mint's "My Canada, My Inspiration" coin design contest to celebrate Canada's 150th anniversary in 2017.

"[The beaver] was our first currency, we traded beaver pelts," Gloade said Wednesday at the Millbrook Cultural and Heritage Centre, where his winning nickel was unveiled.

[Read More Here](#)



Métis Cookbook

This fantastic cookbook was put together by the Métis Centre at the National Aboriginal Health Organization. The recipes were submitted by families, individuals, and communities across Canada. The recipes are luscious, authentic, and healthy. We hope you enjoy it as much as we have!

[Download the Cookbook Here](#)



Jane Fonda At Standing Rock: I've Rarely Seen So Much Love

After a meal, or rather a series of many meals, of prayerfulness and thanks at which she served hundreds of water protectors for dinner at the Standing Rock Community High School on Thursday, November 24, celebrated actress and activist Jane Fonda spoke about what she experienced and witnessed at Oceti Sakowin.

[See The Full Interview Here](#)

Ontario Métis Family Records Center



and known today as île Dupas.

The Chicot travels downstream, beginning between St-Gabriel de Brandon and St-Didace and flows South through the communities of St-Cuthbert, St-Norbert to discharge into the Saint-Lawrence at île Dupas. It is one of the many rivers used by Voyageurs, who learned to navigate it from their First Nations kin. As the islands and neighbouring towns became crowded with Settlers attracted to the nearby trading post, Métis paddled their way upstream and built communities along its shores.

[Read The Full Article Here](#)



Video: Mni Wiconi - The Stand at Standing Rock

Mni Wiconi features water protectors from the Standing Rock Sioux Tribe and allies trying to stop the 1,100-mile Dakota Access Pipeline - DAPL. Interviews in the film include Standing Rock Sioux Tribe's Chairman Dave Archambault II; Jodi Gillette, former White House advisor for Native American Affairs; Ladonna Allard, founder of Sacred Stone Camp; Winona LaDuke, founder of Honor the Earth; and Cody Hall, Red Warrior Camp spokesperson. Created by Divided Films with support from the WK Kellogg Foundation.

[Watch The Video Here](#)

A Member Writes...

We just wanted to let you know our daughter, Marjorie performed this past Saturday at an Ambrose University sponsored recital held at Loughheed House in Calgary. She was one of two students chosen from the entire music program. It was to raise funds for a new \$25,000 scholarship to assist future students. The gentleman in the picture is world-renowned pianist Mr. Charles Foreman, Charles was the featured performer.

~ B. Patterson



**We're on the web!
See us at:**

www.omfrc.org

New Submissions

Our editors are always looking for original submissions that would be of interest to our community. Do you know of any upcoming events that you would like to share through the Newsletter, Facebook, or our new website?

If you have something you would like to add to future issues we would be happy to consider it; please call or email us with the title "Submission" on the email. Thank you!

omfrcinfo@gmail.com

613-332-4789



Science Corner: Stereotypes about Native Americans and alcohol debunked



In contrast to enduring stories about extraordinarily high rates of alcohol misuse among Native Americans, University of Arizona researchers have found that Native Americans' binge and heavy drinking rates actually match those of whites. The groups differed regarding abstinence: Native Americans were more likely to abstain from alcohol use.

The UA study, published online Feb. 8 in the journal *Drug and Alcohol Dependence*, was conducted by James K. Cunningham, PhD, lead author, a U.S. Fulbright scholar and social epidemiologist with the UA Department of Family and Community Medicine and the UA Native American Research and Training Center; Teshia A. Solomon, PhD, (Choctaw), director of the Native American Research and Training Center; and Myra Muramoto, MD, MPH, head of Family and Community Medicine.

[Read The Full Study Here](#)



The new drama series *Frontier* is set in northern Ontario in the 1780s but is filmed in Newfoundland. (Discovery Channel)

Historical drama *Frontier* tells story of 'invasion' of northern Ontario

The James Bay lowlands are the setting for a new TV drama that aims to tell Canada's history

from a first nations perspective.

Frontier, which airs on the Discovery Channel Sunday nights and on Netflix next year, focuses on the fur trade in northern Ontario in the 1780s.

Creators Rob and Peter Blackie said that even though Frontier is historical fiction, they wanted to make sure it was as accurate as possible, particularly in how the James Bay Cree are presented.

So, consultants from the coast have been on the film set to advise on Cree language and culture.

"Because it was so important for us, as much as humanly possible to not hit any false notes," said Rob Blackie.

[Read The Full Article Here](#)

Is your Membership up for renewal?



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



The OMFRC would like to thank everyone that is standing with us to support the Ontario Metis Family Records Center Community Facebook Page.....your response is nothing short of incredible!

Stay connected and celebrate your heritage! Share that you're a member of the OMFRC Community with your family members on Facebook. It has never been more important to stand up and be counted!

Have you visited our Facebook page? We welcome you to join our OMFRC Community - we want to hear from you.

