



In This Issue

In This Issue

[Métis Community Resources](#)

[How to Construct a Long-Lasting Traditional Bow](#)

[CreeFoodTv: Traditional Pemmican](#)

[26 Plants You Should Always Grow Side-By-Side](#)

[Winnebago Paddles](#)

[Indigenous Author Bev Sellars Hopes to Spur More Aboriginal People to Write](#)

[When Indigenous Healing Practices Meet Modern Medicine: CBC Unreserved](#)

[The Incredible Legacy of Susan La Flesche, the First Native American to Earn a Medical Degree](#)

[On The Blog: The Genocide Of The North American Indian](#)

[Mi'kmaq Craftsperson to Teach Birch Bark Canoe Building in Millbrook](#)

[On The Blog: Solving the "Indian Problem" - Assimilation Laws, Practices, and Indian Residential Schools](#)

[Families Divided After Ottawa Tells Thousands They're Not Indigenous](#)

[On The Blog: Residential Schools In Canada](#)

[Subheading](#)

[Metis Scholarships and Bursaries for 2017](#)

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.

A Member Writes



When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food and the joy of living. If you see no reason for giving thanks, the fault lies in yourself.

~ Chief Tecumseh

The Incredible Legacy of Susan La Flesche, the First Native American to Earn a Medical Degree

When 21-year-old Susan La Flesche first stepped off the train in Philadelphia in early October 1886, nearly 1,300 miles from her Missouri River homeland, she'd already far surpassed the country's wildest expectations for a member of the so-called "vanishing race." Born during the Omaha's summer buffalo hunt in June 1865 in the northeast corner of the remote Nebraska Territory, La Flesche graduated second in her class from the Hampton Normal and Agricultural Institute in Virginia, now Hampton University. She was fluent in English and her native tongue, could speak French and Ojé, too. She quoted scripture and Shakespeare, spent her free time learning to paint and play the piano. She was driven by her father's warning to his



Susan (far left) with her husband seated with puppy at their Bancroft Nebraska home. (Courtesy of the Hampton University Archives.)



Hi to all the staff at the OMFRC

My Mom received her Metis Status Card today .. WOOT WOOT!
If you could have seen the pride in her face, made my eyes mist. I had thought after all of her children had their cards, I just assumed she had hers, but I had been mistaken. She has placed it prominently in her wallet. Thanks for all you do !!!

~ Charlie



Métis Community Resources

Are you looking for a new Aboriginal news resource? Funding options for business? Health and Wellness information or programs? Make sure to check out the Métis Community Resources page on our website. If you know about a resource that isn't on our list, please submit it via the form at the bottom of the page and we will review it for addition to our list!

[Click Here To Visit The Page](#)



How to Construct a Long-Lasting Traditional Bow

Getting back to bow and arrow hunting is a new and wonderful experience. Anyone can go out into the woods with a rifle and hunt deer or moose for dinner but when you have a bow you are talking about being a real sportsman.

No, it's not easy but that is the point. You are really out there, using precision and patience, and the payoff can be truly rewarding.

[See Video Tutorial Here](#)

young daughters: "Do you always want to be simply called those Indians or do you want to go to school and be somebody in the world?"

The wind-whipped plains of her homeland behind her once again, she arrived in Philadelphia exhausted from the journey, months of financial worry, logistical concerns, and of course, by the looming shadow of the mountain now before her: medical school. Within days, she would attend her first classes at the Women's Medical College of Pennsylvania, a world apart from the powwows, buffalo hunts and tipis of her childhood.

[Read The Full Story Here](#)



On The Blog: The Genocide of the North American Indian

~This post was first seen in the February 2009 Edition of Feathers In The Wind. Written by Spencer Alexander, Longtime OMFRC Friend and Member.

The story of early European contact with the Aboriginal people of North America has many faces, few if any of them are pleasant. In fact it marked the beginning of "The Genocide Of The Native North American" and continues to be what is probably the longest genocide of a people in history.

Genocide by definition is, "Any act committed with the intention of destroying in whole or in part a national, ethnic, cultural, racial or religious group. This includes, killing members of a group, causing serious bodily or mental harm to a group, deliberately inflicting conditions calculated to physically destroy the group in whole or in part and forcefully transferring children of a group to another group".

Let's begin in the year 1492 when Columbus, who was lost, came sailing in out of the ocean blue. Instead of finding an uninhabited land his ships were greeted by the Arawaks, who inhabited most of the Caribbean Islands. On October 13 th, 1492 Columbus wrote in his journal. "At daybreak great multitudes of men came to shore, all young and of fine shapes, and very handsome". Later on Columbus states. "I was very attentive to them, and strove to learn if they had any gold". At dawn the next day, he sailed to the other side of the island and saw a few more villages of Native people and ended his description of them with these words which show his true intent. "I could conquer the whole of them with fifty men and govern them as I please".

[Read The Full Article Here](#)

Mi'kmaq Craftsperson to Teach Birch Bark Canoe Building in Millbrook

Todd Labrador of the Wildcat Reserve in Lunenburg County will spend six weeks at the Millbrook Cultural Centre this summer showing four young people how to build a traditional Mi'kmaq lake canoe.

"You can't learn everything about building a canoe in six weeks, but I will show them the process," says Labrador. "For example, splitting spruce roots: I need to harvest and prepare about 700 feet of spruce roots - it takes weeks and months of practice to develop that skill. We'll spend a day harvesting roots and I'll go through the process of splitting the roots and they'll be able to work on that on their own."

Labrador will harvest the roots, bark and various bits of wood for this canoe in advance but will go through each step with the youth and have them help put it all together.



[Click To Watch Video](#)

CreeFoodTv: Traditional Pemmican

This fantastic video shows a Cree Elder showing the traditional way to make pemmican with caribou meat and fish.

[Watch Full Video](#)



26 Plants You Should Always Grow Side-By- Side

Organic gardeners know that a diverse mix of plants makes for a healthy and beautiful garden. Many believe that certain plant combinations have extraordinary (even mysterious) powers to help each other grow. Scientific study of the process, called companion planting, has confirmed that some combinations have real benefits unique to those combinations and practical experience has demonstrated to many gardeners how to mate certain plants for their mutual benefit.

[See The Full List Here](#)



Winnebago Paddles

Winnebago Paddles is a custom canoe and kayak paddle manufacturer and retailer that specializes in exotic wood species, unique paddle designs, and detailed grip laminations. Not only are they functional, they are gorgeous and unique pieces of art!

[Visit Their Site Here](#)

Indigenous Author Bev



The public will also be able to watch the construction of the 16-foot canoe at the cultural centre but Labrador will focus on teaching the interns.

[Read More Here](#)

On The Blog: Solving the "Indian Problem" - Assimilation Laws, Practices, and Indian Residential Schools

-By OMFRC Member D'Arcy Rheault -
Originally Published as a Special Edition of
Feathers In the Wind, 2012



The Gordon Reserve Residential School - Closed in 1996.

This deeply impactful article about the attempts of the Canadian Government to subjugate and assimilate Aboriginal peoples is no less important today than it was when it was written. This article is one of the most read and referenced in our Newsletter archives, so we are presenting it once again on our blog to ensure that it can continue to educate future generations about the horrors of Residential Schools. History forgotten is bound to be repeated, and we sure we are not alone when we say NEVER AGAIN!

The 1910 "History of Canada" text book for Ontario Public Schools taught young Canadians that: "All Indians were superstitious, having strange ideas about nature. They thought that birds, beasts...were like men. Thus an Indian has been known to make a long speech of apology to a wounded bear. Such were the people whom the pioneers of our own race found lordling it over the North American continent - this untamed savage of the forest who could not bring himself to submit to the restraints of European life."

[Read The Full Article Here](#)



Matthew Connolly in Corner Brook. Connolly grew up knowing he is a direct descendant of Mattie Mitchell, who is recognized as a founding father of the Mi'kmaq in western Newfoundland.

But he was shocked to fall short on the point system to recognize membership in the Qalipu First Nation. (TOM COCHRANE /FOR THE TORONTO STAR)

then a satchel of tobacco.

From his wallet, he retrieves a small, laminated white card to show the words "Teluisi Kelusit Paqtism" - Speaking Wolf. Connolly's Mi'kmaq name. He grew up proud knowing he is a direct descendant of Mattie Mitchell, the revered trader and explorer who is recognized as a founding father of the Mi'kmaq in western Newfoundland, likely arriving here in the 1700s from Cape

Families Divided After Ottawa Tells Thousands They're Not Indigenous

Retired master corporal Matthew Connolly has spread his prized spiritual possessions on his dining room table.

He carefully touches each as he explains its significance. He starts with a beautifully carved drumstick made from the wood of an old sweat lodge. Then he unrolls the red leather case that holds his eagle feather, given for service to the community. He moves to a hand-held drum, then a smudge kit,



Sellars Hopes to Spur More Aboriginal People to Write

Although Bev Sellars has written two books, she's reluctant to think of herself as an author. According to her, she did it only because she wants to spur more aboriginal persons to write about their experiences and the stories of their people.

"I don't really consider myself a writer, but it has to be done," Sellars told the Georgia Straight in a phone interview.

In her first work, *They Called Me Number One: Secrets and Survival at an Indian Residential School*, she shares her story as a survivor of one of the religious schools sponsored by the government to assimilate indigenous children.

[Read More Here](#)



When Indigenous Healing Practices Meet Modern Medicine: CBC Unreserved

Health isn't just about your physical well-being. It also includes your emotional, mental and spiritual wellness.

For a person to be truly healthy, all aspects must be taken care of. This holistic approach has long been a part of many Indigenous philosophies, although this method is still not part of Western medical science and healthcare.

But as we see more Indigenous doctors, health care professionals and healers enter the field, so too do we see the return of the medicine wheel.

[Listen To The Full Show Here](#)

Ontario Métis Family Records Center

Breton.

Connolly, 57, may believe he is indigenous but the government of Canada does not. Connolly was one of 82,630 people who received a letter dated Jan. 31, 2017, from Indigenous and Northern Affairs Canada, denying his application for membership in the Qalipu Mi'kmaq First Nation, a landless band headquartered in Corner Brook, Newfoundland.

[Read The Full Article Here](#)



On The Blog: Residential Schools In Canada

*~By OMFRC Member Darl Sutherland.
Seen previously in the 2012 Special Edition Newsletter*

Residential schools were seen by the Canadian government as a way to civilize the native population and keep their children from continuing in their native traditions. In 1895 Rev Fr A.M Carion stated in a report from a residential school in Kamloops, British Columbia that the purpose of the residential school is to civilize the Indian and to make them good, useful and law abiding members of society with strict punishments for any wrong doings. Richard Pratt, who founded the Carlisle Indian Industrial School, one of the first of the reservation schools in the United States, preached "you must kill the Indian in him; to save the man". These ideals were later adopted by the Canadian government. The goal of residential schools was to assimilate Aboriginals into white society through children since they were much more susceptible to influence. This research paper will focus on the residential school system and will argue that the Canadian government and churches committed genocide amongst the indigenous populations in an attempt to eliminate the native culture. It will focus on the history of residential schools in Canada, their intended targets, the health and quality of life of the Aboriginals attending these schools, the sterilization of Aboriginal women, those who succeeded in the school system, and what has changed since the opening of the schools.

[READ THE FULL ARTICLE HERE](#)

The Canadian Aboriginal Veterans and Serving Members Association

1 in 3 Aboriginal men have served in the military. It's the highest ratio of any community in Canada. The Canadian Aboriginal Veterans and Serving Members Association supports both vets and serving members of the Canadian Armed Forces, US Armed Forces, and the RCMP. Under the guidance of their President, Richard Blackwolf, himself a respected Navy Vet, the group advocates for and tirelessly supports Aboriginal vets of all kinds. Many of our own community members have been supported and positively impacted by the CAV's incredible work, and several have commented to us about the compassion, care, and respect they have received from Richard. Please join us in celebrating the CAV and all those they support by learning more about them on their website.



[VISIT THE WEBSITE](#)

Métis Scholarships and Bursaries for 2017

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

[SEE THE FULL LIST HERE](#)



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

www.omfrc.org

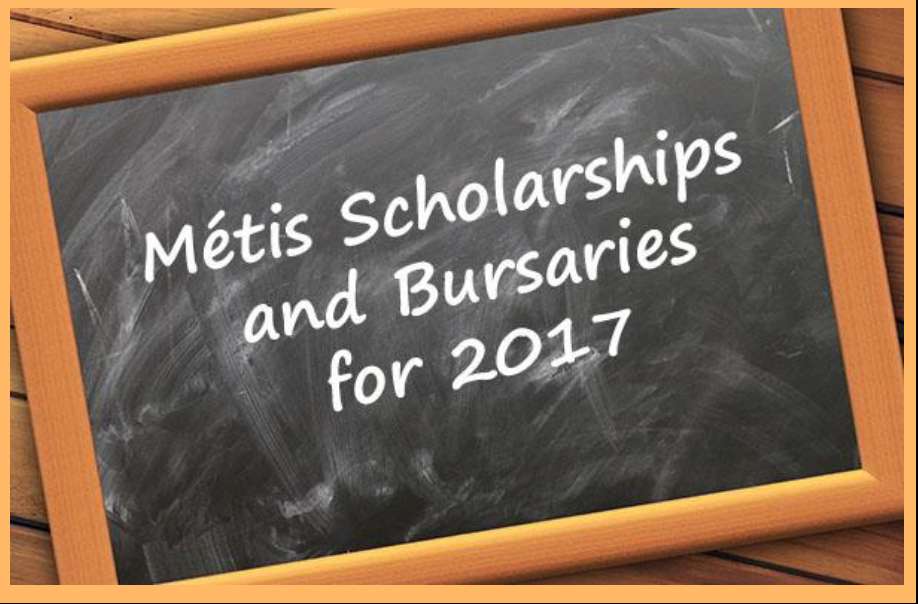
New Submissions

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](mailto:omfrcinfo@gmail.com)

613-332 -4789



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.

