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**Skin color makes no difference ... My skin is red, but my grandfather was a white man. But why should that matter? It is not the color of the skin that makes me good or bad.**

**~ Chief White Shield (1798-1878), Arikara**



**Community News:**



### A Member Writes:

#### Harvesting Sweet Grass

We wanted to share our native studies class activity with everyone. Last spring we planted sweet grass seeds from the Black Oaks Savannah. They graciously provided a workshop for our students. We planted the seeds in a canoe in our courtyard at ENSS. Today we braided the hair of Mother Earth and then cut it. Now we will dry this sacred medicine and use it for ceremonies and smudging.

*Pamela Vanderburg  
Teacher  
Native Studies  
ENSS - Brighton, ON  
OMFRC Community Member*



### 10 Delicious Native American Vegetarian Recipes

Not every meal has to have meat! Enjoy these ten delicious recipes with fresh ingredients that don't require meat. YUM!

[See Recipes](#)

## Simcoe County District School Board (SCDSB) Indigenous Education Community Feasts

The Indigenous Education at the Simcoe County District School Board (SCDSB) are in the process of holding many feasts across Simcoe County in order to provide information regarding programs, and activities offered to their Indigenous students.

On Wednesday, October 18, 2017, a feast was held at Ferndale Woods Elementary School, 170 Ferndale Drive South, in Barrie. This event was well promoted and coordinated by Ian McCallum, an Indigenous Resource Teacher with the Indigenous Education Team. The feast was well attended and enjoyed by all.

The evening began with a welcome from our Principal of Indigenous Education, Alison Bradshaw, and was followed by a traditional Opening Ceremony and Prayer in Ojibway language by local Elder Ernestine Baldwin.

The delicious feast was catered by a local Indigenous Chef Charles Catchpole, owner of Charger Foods. We were treated to baked bannock, garden salad, chicken and wild rice casserole, followed by white cake with stewed berries and iced Cedar Tea.

Another team member of the Indigenous Education Team Colleen Moreau, a Métis Student Advisor, harvested and made hot Cedar Tea and also provided information regarding the many health benefits it has.

Various displays were available throughout the gym highlighting local initiatives and supports for Indigenous students. After dinner, a traditional hoop dancer from a local high school performed for us; her grace was admired by all.

As the evening wound to a close, a real sense of community and support could be felt. I am proud to work for a school and board who support our local Indigenous students & community, viewing First Nation, Métis & Inuit education as an important priority.

**Rob Ford**  
Teacher-Ferndale Woods E.S.

*Rob Ford  
Teacher- Ferndale Woods E.S.  
OMFRC Community Member*



## Ontario now home to Canada's largest Métis population, census shows

Ontario is now home to the largest population of Métis people in Canada, as the booming growth of Indigenous peoples in recent decades continues across the country.

More than 1.6 million people identified as First Nations, Métis and Inuit in the 2016 census, a jump of more than 42 per cent from a decade earlier. Indigenous peoples now represent almost 5 per cent of the Canadian population and are increasing at a rate that's more than four times greater than non-Indigenous people, according to Statistics Canada.

The numbers represent the continuation of a trend that has been detected for more than two decades, as the high birthrate among Indigenous peoples fuels a population boom, Statistics Canada





### **Native American storyteller tells the legend of "She Who Watches"**

Edmo is a poet, playwright, performer, traditional storyteller, tour guide and lecturer on Northwest tribal culture.

He has offered guided tours to the She Who Watches petroglyphs on the Columbia Gorge, as well as to the Warm Springs Indian Reservation in central Oregon's high desert country. He conducts workshops and lectures on cultural understanding and awareness, and lives in Portland with his family.

As a Native American with Shoshone-Bannock-Nez Perce tribal affiliation, Edmo served as a consultant to the Native American architects of the Smithsonian Museum of the American Indian. He also plays the part of the coyote spirit on television's "Portlandia."

[See The Video Here](#)



### **How To Grow 10 Foot Tall Tomatoes with Straw Bales**

Growing tomatoes can be so much fun and not to mention the taste of home grown products. If you want to go pro with growing tomatoes, you should try growing them in straw bales. This is a very unconventional technique, but straw bales can be the optimum growing environment for tomatoes.

[Learn More Here](#)

### **Science Corner:**

**The many reverberations of**

says. The agency also points to an increasing tendency among census respondents to claim their Indigenous heritage as a contributor to this growth.

[Read The Full Article Here](#)

### **Lest We Forget: Indigenous Veterans**



National Aboriginal Day is celebrated each year on June 21, while Aboriginal Veterans Day is commemorated on November 8.

Indigenous people in Canada have reason to be proud of their wartime contributions. More than 7,000 First Nations members served in the First and Second World Wars and the Korean War, and an unknown number of Inuit, Métis and other Indigenous people also participated. One Veterans group estimates that 12,000 Indigenous men and women served in the three wars.

[Read More Information Here](#)

### **Gord Downie: 1964-2017**

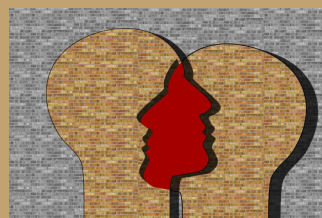
Remembering the life and legacy of The Tragically Hip frontman



### **Remembering Gord Downie**

Gord Downie was an incredible artist who's music was the backbone of the soundtrack of a generation. He was also a great man and genuinely good human being. He dedicated his last year of his life to using his fame to bring attention to the horrible legacy of residential schools, and the story of Charlie Wenjack. He was a great advocate for Indigenous people in Canada, and his death is a sad loss to the world. This wonderful Macleans article does a wonderful tribute and we wanted to share it. Thanks for all the music Gord!

[Read The Tribute Here](#)



### **Let Me Tell You About Inter-Generational Trauma**

**My grandmother was placed in residential school at the age of 6. For the 10 years she lived there, she would be given a number instead of a name, and be called that number for the next 10 years.**

I heard all sorts of horrific stories about the school. She told me how a little girl spoke her language and had her head smashed into concrete repetitively by the nuns, she remembers seeing blood everywhere. The little girl was only 7, and she was 6, witnessing this. She told me about how the nurses claimed she had Tuberculosis - when in fact, she didn't, and she was placed on bedrest for 6 months at only 10 years old. She was not allowed to



### **colonialism: A Native American language facing extinction**

We tend to view colonialism in the past tense and to see it as an unfortunate precursor to our modern world. However, for many, colonialism is not something that died and went away, but something that shapes their entire world, especially when it comes to language. That is the lesson of a new paper entitled, "From the Logic of Elimination to the Logic of the Gift: Towards a Decolonial Theory of Tlingit Language Revitalization" by William Geiger, formerly of Alaska Pacific University, Dept. of Liberal Studies which has been published in Open Linguistics.

The Tlingit are an indigenous people of the Pacific Northwest Coast of North America, with the majority living in Southeast Alaska. The article explains how they came to shift from speaking their own language, to only speaking English, and how this shift is connected to past and current colonialism.

**[Read More Here](#)**

*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.*

## **Ontario Métis Family Records Center**



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

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

**New Submissions**

**Our editors are always**

stand up, walk around, or basically move. My grandmother told me that the doctors would take skin off of her body, do experiments on her, without medication - and that the nurses would intentionally place sick children with healthy children, to get them sick.

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



### **Louis Riel's walking stick donated to Manitoba Museum**

A walking stick that belonged to Northwest Rebellion leader Louis Riel has been donated to the Manitoba Museum, but there is a call for it to be returned to the Métis people.

The Royal Winnipeg Rifles Regimental Museum initially loaned the walking stick to the Manitoba Museum, where it has been on display since January.

In a statement Tuesday, the Manitoba Museum said the artifact was permanently donated to the museum in the hope that the widest possible audience would have an opportunity to appreciate its significance.

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



### **Peterborough teacher's Secret Path lesson plan goes national**

A lesson plan centred on the late Gord Downie's final

project is now available to teachers across Canada thanks to a local elementary school teacher.

Mitch Champagne, a Grade 6/7 teacher at Immaculate Conception School in East City, is behind the Secret Path lesson plans and artwork.

The plans teach literacy and Canadian history, with a focus on Indigenous history, using Ontario's curriculum. Mr. Downie, the lead singer of The Tragically Hip, created Secret Path. It includes a 10-track album and an animated film and graphic novel illustrated by Jeff Lemire. Secret Path was Mr. Downie's last undertaking. He died of brain cancer Oct. 17.

Mr. Downie's work was inspired by the story of Chanie Wenjack, a 12-year-old Indigenous boy who died on his walk home after escaping an Ontario Indian residential school in the 1960s (Trent University's Wenjack Theatre is named in his memory).

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

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

## IS IT TIME TO RENEW YOUR MEMBERSHIP?



**Painted Feather  
Woodland Métis  
Community**

**Certificate of Aboriginal Status**  
Rebecca Brant  
Membership Number  
00984747  
D.O.B. Mar. 4, 2004 Expiry June 27, 2025  
The person identified on this card is an Aboriginal person who  
has been identified by the membership provisions of the Ontario Métis Family Records  
Center

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

Renewing your membership couldn't be easier!  
Not a Member yet? We are accepting applications.

- ✓ **Pride in Community**
- ✓ **Bursaries and Scholarships**
- ✓ **Resources and Services**
- ✓ **Preferential Hiring** (in some workplaces)
- ✓ **Regular Newsletters**

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

Call **1-613-332-4789** to renew or join today!



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.

