

ISSUE 90 – SUMMER 2018

SINCE 2002

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**Indigenous
Day** **live**

The 2018 Indspire Awards
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SINCE 2002

SAY

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FOR INDIGENOUS PEOPLE
IN NORTH AMERICA**

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 SUMMER 2018

SAY MAGAZINE
 Volume 17, Issue 4

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“SAY was never about me or celebrities or making someone rich or famous; it was ALWAYS about giving someone who didn't have a chance to be heard the opportunity to share their story.”

– Leslie Lounsbury



June is National Indigenous History Month in Canada, which began in 2009 with the passing of a unanimous motion in the House of Commons. With the celebrations of Summer Solstice and National Indigenous Peoples Day fast approaching, we have much to celebrate and be thankful for.

Our Summer 2018 issue focuses on partnerships and also includes a special insert themed *Made in Manitoba*. SAY Magazine celebrates 16 years of partnerships with industry leaders like APTN (featured on the cover) and Vision Quest, which held its 22nd Annual Conference & Trade Show last month. In this issue we pay homage to the women, men, youth, organizations and businesses who work tirelessly, and who work together, to build the assets of our communities, to address challenges and to support positive change.

At this time we also celebrate the life of someone who spent much of her life working to develop meaningful long-term partnerships and to enhance the lives of Indigenous peoples across North America, spreading messages of HOPE and resilience with the promise of reaching the next generation of healers.

Leslie Carol Callum-Lounsbury
February 20, 1947 - May 27, 2018

We are deeply saddened to share with you that our friend and the founder of SAY Magazine Leslie Lounsbury passed on to spirit world to be with Creator May 27, 2018. She will always be remembered as a pioneer for the work she has done in her life as an educator and as a publisher. She gave a voice to so many and celebrated the ‘good news’ stories of Indigenous people that otherwise may have never been heard. She definitely left her mark on the people she touched and the world at large through community-based journalism in her work with SAY Magazine. During this time, our thoughts and prayers are with her family and friends. Leslie will greatly be missed.



Next Issue: BACK 2 SCHOOL

Space Reservation: July 27, 2018

Materials Due: August 7, 2018

Issue	Editorial Theme	Publication Dates	Space Reservation	Material Deadline
Fall 2018	Entrepreneurs	October 12	September 14	September 28
Economic Development	Economic Development	November 23	October 26	November 9
Winter 2019	Leaders/Human Resources	January 14	December 3	December 19

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CALENDAR OF EVENTS

2018



JUN 21

National Indigenous Peoples Day
Canada

JUN 23

APTN's Indigenous Day Live (IDL)
Host Cities: Winnipeg, Manitoba; Toronto, Ontario;
and Ottawa, Ontario, Canada
indigenousdaylive.ca

JUN 23

Indigenous Film Summit
Winnipeg, Manitoba, Canada
<https://www.indigenousfilmsummit.com>

JUN 23

Na-Me-Res Annual Traditional Pow Wow
Toronto, Ontario, Canada
www.toronto.ca/IAF

JUL 12-15

The 2018 Masters Indigenous Games (MIG 2018)
Toronto, Ontario, Canada
<http://mastersindigenousgames.ca/about/about-the-games>

SEPT 17-20

The 20th Annual American Indian Tourism Conference
Albuquerque, New Mexico, USA
www.aitc2018.com

OCT 4-6

Annual AISES National Conference
Oklahoma City, Oklahoma, USA
<http://conference.aises.org>

OCT 9-12

World Indigenous Business Forum 2018 (WIBF 2018)
Rotorua, New Zealand
<http://wibf.ca>



JUNE 21

*National Indigenous
Peoples Day*

'From Vision to Reality'

The 22nd annual **Vision Quest Conference & Trade Show** was held May 15 to 17 at the RBC Convention Centre in Winnipeg, Manitoba, Canada. The event welcomed over 90 exhibitors and 1000 attendees for a sold out show. Delegates travelled to Winnipeg for the event from across Canada, from as far away as Nunavut and the Northwest Territories, as well as from the United States. The delegation was as diverse as were the conference workshops and exhibitors. People from all walks of life came together to celebrate Indigenous business, community and economic development. Bustling with activity, the conference left delegates feeling re-energized and motivated to continue on their chosen paths.



Darrick Baxter, President and CEO of Ogoki Learning Inc., and Kas Savage, public figure, model and internationally ranked body-builder. A Survival Instructor, Savage was at the event representing the International Canadian School of Survival (I.C.S.O.S).

“The whole [Vision Quest] experience was a breath of fresh air. The dynamics, diversity and opportunities offered at this event were beyond my expectations. I am excited to watch businesses and individuals grow personally and within the communities. Being a part of the gala was also a great honour. To feast with strangers who became acquaintances, to hear the speakers and singers, and to see the dancers was heart-warming and breathtaking. I am thankful for this privilege.”

- Kas Savage

Even Darrick Baxter can be star struck. “I’ve always been a sports fan and meeting Kas (Savage) at Vision Quest was amazing and even somewhat intimidating. You never realize how tall someone is until you meet them in person. Although I tried to hold back my excitement, I just couldn’t stop smiling. Kas is amazing!”



Keynote Speaker, Earl Lambert and SAY Magazine Co-Publisher Dominick Blais.

“The magnitude of this event was something I didn’t expect – it’s huge! People come here and they feel special because they are acknowledged in such a remarkable way. The overall decoration of the event helps people to feel like they are in a whole new class. It’s been running for 22 years, and it keeps getting bigger and better. To be a part of it as it continues to bloom and explode is an honour and privilege.”

- Earl Lambert



SAY Magazine Co-Publisher Kent Brown with Kaska artist Dennis Shorty and wife Jennifer Fröhling.

Dennis and Jennifer make up the musical duo **Dena Zagi** whose album *Gucho Hin* was nominated for **Best Inuit, Indigenous Language or Francophone Album** at the 2018 Indigenous Music Awards. While at the Manito Ahbee Festival in Winnipeg the pair took some time to visit with SAY at the Vision Quest trade show.

Dennis described his Vision Quest experience as “finding one-self with what you do best (Dih deni deka nintah miyeh diyeh endi yeh)”.



SAY Magazine was honoured to be a part of the event as a sponsor and trade show exhibitor. We spoke to many inspiring people over the course of the event and had the privilege of sitting down with one of the keynote speakers. See page 17 for our interview with motivational speaker and inspirational storyteller **Earl Lambert**.

Save the date

The 23rd annual Vision Quest Conference & Trade Show will take place May 14 to 16, 2019.



Tracy Lee Nelson

2018 Indigenous Music Awards Nominee

Blues legend **Tracy Lee Nelson** is a true native Californian. He is Luiseno/Diegueño, a descendant of the Guassac family of the La Jolla Indian Reservation and the Mataweer/Duro family of the Mesa Grande Indian Reservation, both in the San Diego area.

Since the 1970s Nelson has played a variety of genres of music, from blues, to rock and roll, to punk rock. His main musical influence was *The Beatles*; he was fascinated by how they understood chords and put together music.

Thanks to his unique voice, original lyrics and blues guitar playing, Nelson's performances are raw and straight from the heart. He writes and sings about issues that should have been addressed long ago.



In the 1990s he emerged as a musician with a ground breaking new sound - Native Blues. Since then, this Southern Californian premiere blues artist has traveled across the nation, sweeping the country with his hard hitting perspective on res-

ervation life.

Nelson is a former member of the 1970s hit band *Redbone* with their song "Come and Get your Love" and is a former Tribal Chairman of the La Jolla Indian Reservation. An avid skateboarder, artist and sculptor, Nelson's work has been on display at the Smithsonian Museum of the American Indians in Washington, D.C., and at the San Diego Museum of Man. He has also had the honor of being mentioned in *Native People Magazine* as one of the finest up and coming Native American blues artist. When it doesn't conflict with his own band's performances, Nelson still periodically plays with *Redbone*.

Nelson recently released his eighth CD *Blues Loving Man*. Inspired by guitar playing greats like BB King and Van Halen, all 15 songs on the album are originals written by Nelson, and the song "My Baby Joanna" is dedicated to his wife.



Vision Quest

Conference & Trade Show


DAKOTA OJIBWAY CFDC


KITAYÁN CFDC


SOUTHEAST CFDC


CEDAR LAKE CFDC


NORTH CENTRAL CFDC

THANK YOU Delegates, Sponsors, Exhibitors and Volunteers for making the 22nd annual Vision Quest Conference the most successful one yet!

Premier Sponsor  Indigenous Services Canada / Services aux Autochtones Canada		Diamond Sponsor  Manitoba	
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Fara Palmer

3-time Juno nominated artist

Fara Palmer is a powerhouse Pop/R&B vocalist and songwriter, who hails from Ojibwe, Cree and Secwepemc territories within Canada.

An advocate for empowerment, Palmer uses her lyrics, vocals and music as a catalyst for positive change by offering her audience heartfelt songs that touch on contemporary and historical issues.

Palmer is known for writing songs that promote self-awareness and cultural pride. Her song "PrettyBrown" was written for those experiencing and overcoming cultural and race-based identity challenges. She believes music is a source of healing, awareness and emotional expression, and as a songwriter one of her greatest joys in life is when a listener connects with what she calls "the medicine in the music".

In 2008, Palmer independently released her third album entitled *Phoenix*. The album

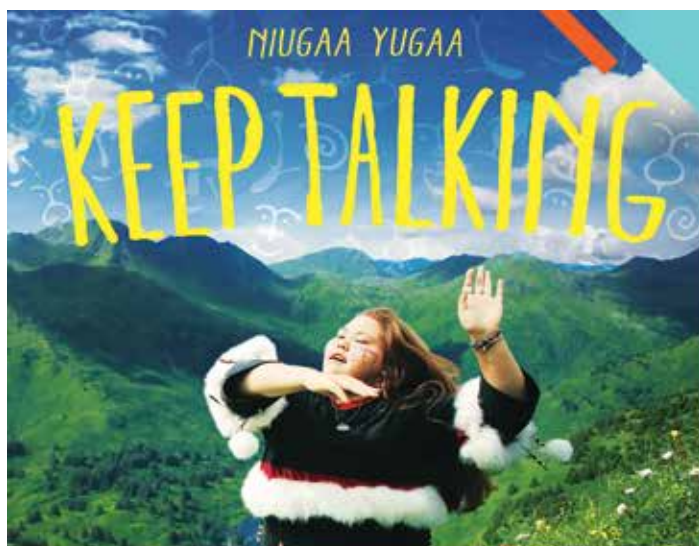
earned her 11 nominations, and won for **Best Pop Recording** and **Best Producer/Engineer**. The album also had three top-ten singles on independent Canadian and US Radio station charts.

With a diverse fan base and a career spanning over two decades, Palmer is excited to have just released her first album in over 8 years.

After a number of years away from her career to raise her five children, and thanks to a successful crowdfunding campaign and the incredible support of her fans, Palmer's highly anticipated fourth album entitled *SongBird* was officially released March 9, 2018. And less than three months after being released, *SongBird* earned a nomination for **Best Pop Album** at the Indigenous Music Awards. With a little something for everyone, *SongBird* combines pop, soul, doo-wop and R&B with beautiful, emotion-evoking vocals and content.



Palmer looks forward to the journey ahead and plans to mix things up for her live performances. She recently collaborated with British Columbia (Canada) based band **SisterSays** to add a live band feature to her show, which also includes an acoustic set. Looking ahead, she hopes to be a Juno nominee for next year's awards.



Alutiiq, now spoken by less than 40 remaining Natives. A small community travels to remote Afognak Island to start teaching kids the Alutiiq. At the camp, Sadie, a troubled teen, is inspired to begin learning the language and dances of her ancestors.



This documentary follows Kate Beane, a young Dakota woman, as she examines the extraordinary life of her celebrated relative, Charles Eastman (Ohiyesa).

New Releases

Watch on your local PBS station. Check Local Listings:

pbs.org/tv_schedules

For more information visit: www.visionmakermedia.org



INTRODUCING SOLJU

Ulla Pirttijärvi and her daughter Hildá Länsman are Sámi musicians from Utsjoki, Lapland, which is the northernmost municipality of Finland. Together, they make up the band SOLJU.

This vivacious mother-daughter duo combine their heritage of northern Sámi language and traditional chant, known as *yoik*, and a desire for new and innovative music to provide a dialogue on traditional and modern Sámi culture. They are proud of their Indigenous roots and want to show them to the world!

Sámi culture and identity lie at the heart of their music. Their songs reflect the mythology

and aspects of the traditional lifestyle of their homeland,

taking the listener to the far north of Europe: Sápmi. Their

soundscapes range from the expansive wilderness of the tundra to the most intimate *lávvu* fireplace.

Their music can be described as colourful, earthy, ethereal and genuine.

SOLJU's debut album *Ođđa Áigodat (New Times)* was released April 25, 2018, by Finnish record label **Bafe's Factory**. The album consists of all original material and reached #35 on the Transglobal World Music Chart in May. *Ođđa Áigodat (New Times)* is produced by Samuli Laiho and Teho Majamäki, mixed by Riku Mattila and features artists from the Czech National Symphony Orchestra.



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Danielle Patzer
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ONE GREAT GATHERING

Winnipeg • Toronto • Ottawa

By: Sheldon McRae and Pamela Vernaus, APTN Communications Coordinators

June 23, 2018

Join the gathering and celebrate Indigenous cultures with APTN's *Indigenous Day Live (IDL)*!

IDL heads to **Winnipeg, Toronto and Ottawa** for its 12th edition; we also mark the first celebration of **National Indigenous Peoples Day**, formerly National Aboriginal Day.



- All Canadians are invited to join us for a **free day of celebrations and activities, as well as a live concert** on location in our host cities or via a live 5-hour TV, radio and web broadcast.

So how did we get here?

In 1999, APTN became the first Indigenous broadcaster in the world. Eight years later, they would begin to host what is now known as the nation's largest celebration of National Indigenous Peoples Day, *Indigenous Day Live* (formerly known as *Aboriginal Day Live*).

In 1996, National Indigenous Peoples Day was proclaimed by then-Governor Roméo LeBlanc to be celebrated on June 21, and that's when it was first celebrated. Some key events occurred in years prior which contributed to the proclamation. In 1982, The National Indian Brotherhood (now the Assembly of First Nations) called for the creation of a National Aboriginal Solidarity Day to be celebrated on June 21. In 1995, The Royal Commission on Aboriginal Peoples recommended that a National First Peoples Day be designated. Also, in 1995, a national conference called The Sacred Assembly, chaired by Elijah Harper, called for a national holiday to celebrate the contributions of Aboriginal Peoples to Canada.

National Indigenous Peoples Day is a day for all Canadians to recognize and celebrate the unique heritage, diverse cultures, and outstanding achievements and contributions of First Nations, Inuit and Métis Peoples.

Breaking down barriers year after year,

in tandem with the resiliency and spirit of our Peoples, APTN continues to push the limits in celebration of our achievements. *IDL* debuted in a park outside APTN's headquarters in downtown Winnipeg. The first, one-hour concert in the park featured Fiddle master Donny Parenteau, the Asham Stompers, champion hoop dancer Lisa Odig, Juno Award winner Leela Gilday, Nunavut's own Lucie Idlout, Dead Indians and the internationally renowned C-Weed Band.

The following year, *Indigenous Day Live (IDL)* moved to the historical Forks, in Winnipeg, Manitoba, Canada. The celebration evolved to twin stage performances from different locations across the nation, including the very first concert of its calibre in Iqaluit, Nunavut, and has pushed every limit possible in the broadcast world.

Where are we today?

Fast forward to 2017 and *IDL* makes broadcast history again. *IDL* went live from eight cities across Canada, including **Halifax, Montréal, Ottawa, Toronto, Winnipeg, Yellowknife, Edmonton and Vancouver**, making it the largest celebration of National Indigenous Peoples Day to date. The live multi-platform concert broadcast was available to all of Canada, and beyond, via APTN, radio waves and online. Viewer statistics reached 427,000 through the

TV broadcast, with 16,361 online viewers and ten radio networks broadcasting to 1,097,000 potential listeners for the total combined reach of over 1.5 million people across all platforms.

On June 23, 2018, National Indigenous Peoples Day, APTN will bring *IDL* to three cities: **Winnipeg, Toronto and Ottawa.**

There are many Peoples that come together to build the elements of music, arts and culture creation throughout our communities. *IDL 2018* will fuse musical and dance genres, languages, styles and interdisciplinary arts from across Turtle Island to come together on stage to paint an exciting experience of contemporary Indigenous expression.

All three host cities will offer free daytime activities – and each will be as varied and unique as the culture and people of the region – and are open to everyone. A sunrise



ceremony will kick off the celebrations in each city, followed by a full day of free and fun outdoor activities for the whole family. There will be an array of traditional activities, artisans food vendors, Pow Wows and much more.

The National Round Dance starts at 1:30 p.m. EST in Toronto and Ottawa and at 12:30 p.m. CST in Winnipeg.

The FREE evening concert will be broadcast live on location and will feature over 30 star-studded acts, including JUNO-winning and on-the-rise artists. The national event will be co-hosted by the one and only **Ashley Callingbull**, the Inaugural First Nations Miss Canada 2010, and star of APTN's hit show "Sioui-Bacon" **Charles Bender**.

Live from The Forks on the **Winnipeg** main stage, Janelle Wookey, Award-winning Franco-Métis producer of the Prairies and **Kyle Nobess**, of *Mohawk Girls*, team up as co-hosts. Performances this year include **Walk off the Earth** in collaboration with **Walking Wolf and Angela Gladue**, **Midnight Shine**, **William Prince**, **Skyler with Cameron Fraser-Monroe**, **Sister Says** and **Oh My Darling** with **Kandanse**. The pre-show will feature: **Lakes & Pines**, **The Bloodshots** and **Snotty Nose Rez Kids**.

The **Toronto** celebrations are in partnership with the *Toronto's Indigenous Arts Festival*, taking place June 21-24. **IDL** starts at noon and the concert kicks-off at 6:30 p.m. You do not need a ticket - just show up with your friends and family. Live from the main stage, the ever-inspiring **Grace Dove**, host for **UnderEXPOSED**, and **Samian**, the winner of the **2016 Artist for Peace by the City of Montréal**, will co-host the evening show, which features: **Kardinal Offishall** with **Que Rock**, **Shawnee**, **Ria Mae**, **Logan Staats**, and **Shauit**. Beats Collective: **Daniel Roy**, **Valerie Dee Naranjo** and **Rich Brown** with **Jera Wolfe**, **Natasha Poon Woo** and **Cody Berry Feat**, **Illustrated**, **Quantum Tangle**, **Fawn Wood** and **Dallas Waskaha**. Opening up the stage in Toronto is **Trans Pacific Nose Club** and **Ansley Simpson**.

In partnership with the *Ottawa Summer Solstice Indigenous Festival*, **IDL** kicks off the celebrations in **Ottawa**. Vincent Massey Park will showcase the unparalleled talent that is woven into the mosaic of this country. Last year's co-host **Andrea Brazeau**, from Kangiqsualujjuaq, Québec, Canada, and **Dave Jeniss**, of the APTN web series *Police sans reserve*, team up as co-hosts for the Nation's Capital edition of *Indigenous Day Live's* concert, featuring **Lido Pimienta**, **Tom Wilson**, **Brooke Simpson** with **Julian Taylor Band**, **Mike Paul**

Kuekuatsheu and **Kelly Fraser** with **Buffy Handel & Dancers**. Ottawa's pre-show will feature **Cody Coyote**, **Mimi O'Bonsawin** and **Nigel Irwin**.

If you cannot be there in person you can stream the concert and pre-shows live at indigenoustodaylive.ca. You can also watch the concerts on APTN at 7:00 p.m. EST or listen on Indigenous radio waves.

You are also invited to join the conversation on Twitter or Instagram by tagging your posts with #IDL2018, and the network will share them with its followers. Noteworthy posts that honour the celebration and its happenings could be added to the live broadcast.

Complete programming and broadcast details for each city are available at indigenoustodaylive.ca

For more information on the *Toronto Indigenous Arts Festival* visit:

Toronto.ca/explore-enjoy/festivals-events/indigenous-arts-festival

For more information on the *Ottawa Summer Solstice Festival* visit:

www.ottawasummersolstice.ca





Nadia Mike of Iqaluit, Nunavut, is the series director and writer



New aptn kids series *Anaana's Tent* celebrates Inuit identity and Inuktitut language

On May 12, 2018, *Anaana's Tent* premiered on APTN.

Anaana's Tent is an educational preschool TV series that promotes literacy and numeracy, and prepares children for their first years of school. The series is a mixture of live-action, puppet and animated segments, and is filled with Northern stories. *Anaana's Tent* also teaches Inuit values of kindness, friendship, patience and environmental stewardship.

Set in a special tent, the series features host **Rita Claire** (Rita Claire Mike-Murphy of Pangnir-

tung, Nunavut) who sings songs, plays games, reads stories and learns new words in Inuktitut, all with the help of her grumpy but lovable retired sled dog **Qimmiq** (Puppeteer: Ippik-saut Friesen of Rankin Inlet, Nunavut).

"We are thrilled, excited and hopeful that Inuktitut programming such as *Anaana's Tent* will pave the way for more Inuk filmmakers of all genres. I am proud of this series because quality programming that's educational should be at the forefront for youngsters," says Nadia Mike, series writer and director. "Television programming

in Inuktitut needs to be available for all ages to be truly immersed in one's language."

Produced by *Taqqut Productions* and filmed on location in Iqaluit, Nunavut, Canada, *Anaana's Tent* features Inuit cast and Nunavummiut musical performers.

This unique groundbreaking series is available in Inuktitut, the language spoken by much of the Eastern Arctic, and in English. The English language version will air in the fall of 2018 and will also aim to teach Inuktitut to non-native speakers.

"By broadcasting in Inuktitut we hope to keep the language strong across Nunavut and spoken by the next generation of Inuit children."



Sharron Proulx-Turner

Raised in the Ottawa River valley, Sharron Proulx-Turner was an Indigenous writer and poet, who sadly passed away in November 2016. Sharon came from Mohawk, Wyandot, Algonquin, Ojibwe, Mi'kmaw, French and Irish ancestry, and was a member of the Métis Nation of Alberta. Proulx-Turner was a talented writer, a Nokomis (storyteller), a community worker, and a beloved mother and aunt.

Her memoir *Where the Rivers Join* (1995) was a finalist for the Edna Staebler Award, and her collection of poetry *what the auntys say* (2002) was a finalist for the Gerald Lampert Prize. Proulx-Turner was published in several anthologies and literary journals throughout her career, and also had two other books published in 2008: a mixed genre historical fiction called *she walks for days/ inside a thousand eyes/ a two-spirit story* and a collection of poetry titled *she is reading her blanket with her hands*.

Her final publication *creole métisse of french canada, me* was released in December 2017 by Kegedonce Press, in honour of Proulx-Turner. This collection of poetry combines the mediums of prose poetry and memoir, and reflects on Proulx-Turner's life experiences as a two-spirited Métis woman and the role of writing in her life.

We would like to share some excerpts from *creole métisse of french canada, me* with you.

I dream of a large room, where the wind blowing indoors doesn't seem out of the ordinary. though the room is full of people, I feel alone, lonely for a friend. my childhood home was like that, like I didn't belong, with my mom stretching out a silence I wasn't meant to break. the silence concerned me, mom teaching the older ones, the younger ones the dangers of me. my biggest flaw was I was too nice, too kind. not natural, my mom would say. born evil, that one. watch your back.

in dreamworld there are mirrors up above in the large room. I can see myself and each strand of my hair contains volumes of knowledge forming along the waves. the wind picks up words, like dust from my hands, my skin, my hair--swirling them into a tiny twister whose point reaches into my left eye. and rather than close my eyes, I hold them open to the harshness of those words, the blinding sting that opens a doorway to the past.

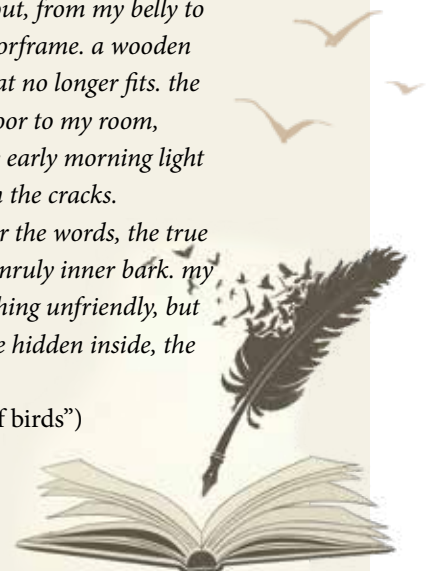
(An excerpt from "The longhouse")

I wish I could be that brave. as brave as the big dipper. the great bear there, purring, watching, holding my hand. me looking to the side and down. the words I seek are buried there, under grief. inside the darkness of a cottonwood, inside the seeds of orange berries. the wings of a female mallard in flight, exposing blues and whites and blacks otherwise unseen, like a woman's beauty, often hidden until she looks up, sees the small spaces between the leaves, yellow hearts on the black bark after a fall rain.

something wants to push its way out, from my belly to my heart to the frame of me. a doorframe. a wooden door with windows, an old key that no longer fits. the door to the outside becomes the door to my room, where birds make their way in the early morning light and the wind finds a path through the cracks.

I'm looking, searching my heart for the words, the true words that are buried inside my unruly inner bark. my wood is hard. not hard like something unfriendly, but hard to the seekers of what may be hidden inside, the medicine there.

(An excerpt from "A house full of birds")



ONE GREAT GATHERING



aptn
**Indigenous
Day live**

**WINNIPEG | SATURDAY
THE FORKS | JUNE 23**

Join the Gathering

Saturday, June 23 is *Indigenous Day Live*. On that day, our Peoples will gather to dance, gather to sing, gather to share the stories only we can tell – and we are inviting the nations of the world to join us.



#IDL2018

#JAD2018

INDIGENOUSDAYLIVE.CA

First Indigenous Superhero Series

created by award-winning filmmaker, Loretta Todd

Trailblazing Cree filmmaker **Loretta Todd** is the lead producer and director of the new web series **Fierce Girls**, the first Indigenous superhero series created for Indigenous youth. *Fierce Girls* is one of the first transmedia projects to exist across several different platforms, from Instagram, YouTube, Twitter and Facebook to visual novels and comic books, making it easily accessible for viewers. *Fierce Girls* will launch online just in time for National Indigenous Peoples Day on June 21 on

www.fiercegirls.tv and www.facebook.com/FierceGirlsTV.

The web series features **Kisik** (played by Jenine Yuksel) and **Anika** (played by Kaea Taurere) - two Indigenous teenagers with warrior spirits who use their newly acquired superpowers to empower young Indigenous women and to celebrate the strength and beauty of being Indigenous in this challenging world. Kisik is Cree/Métis and lives with her single mom in the Eastside of Vancouver, Canada, while Anika is Māori and lives with her single dad in Rotorua,

New Zealand. BFFs Anika and Kisik are tasked with helping protect the water and Mother

The series is supported and funded by the Canadian Media Fund and New Zealand On-Air.

They're young, they're fierce and they're changing the way the next generation of Indigenous women see themselves and the world around them.

Earth. They are the healers of the land and of their people. "Raised Human – Born Divine".

Each webisode combines live action and animation, and includes social media storytelling and community building through curated online content. Each webisode is designed to spark change and empower young Indigenous women in Canada, New Zealand and around the world.

Fierce Girls is a co-production with **TangataWhenua.com**, the longest running independent Māori news and information portal in New Zealand. The series was created by Loretta Todd and is produced by a talented Indigenous team. **Biasiny-Tule** is the New Zealand producer, **Potaua Biasiny-Tule** and **David Oxenbridge** are the co-producers at **TangataWhenua.com**, **Stephen Gladue** is the Canadian animation director and **Rhid Gatrill**, **Shaelyn Johnson**, **Theresa Warbus** and **Turene Huiarau Jones** are part of the writing team, alongside Todd.

In honour of her lyrical, expressionistic imagery and her strong storytelling skills, Todd will be receiving the **Vancouver Women in Film's Artistic Innovation Award** later this month. The award honours a key creator of a recent production or body of work that exemplifies vision, experimentation and innovation.

Todd is also currently shooting the second season of APTN's **Coyote's Crazy Smart Science Show**, the award-winning children's series about Indigenous science. **Coyote Science** is an exciting adventures-in-science series that encourages youth to explore the fascinating world of science – from an Indigenous perspective.

Todd is a director, producer, activist and writer, and her non-fiction work has been honoured around the globe. As a leading figure in Canadian Indigenous cinema, Todd's work digs deep to explore Indigenous history and culture from its people's own lived experiences, voices and perspectives.

FIERCE Girls

Kisik and Anika: Superheroes for the People

Web series launches on National Indigenous Peoples Day
June 21

www.fiercegirls.tv www.facebook.com/FierceGirlsTV



Earl Lambert

Earl Lambert, one of two inspiring keynote speakers at this year's Vision Quest Conference & Trade Show, presented on the topic 'From Vision to Reality'.

Lambert is a seasoned life coach known for his dynamic presentation style that often includes music, magic, hip hop and is always infused with wit and humour. His inspirational storytelling has taken him all over Canada. SAY Magazine found out more about Lambert's background and his experience working with young people.

"It's important to help people to recognize the good qualities in themselves. Once they acknowledge that they have a foundation to build from, it can really shift their thinking and their attitude."

Lambert is Cree/Métis from Papaschase First Nation, Alberta (where Edmonton is now), on his mother's side and from Fort Vermilion, Alberta (a Métis settlement), on his father's side. Lambert has worked for many diverse organizations as a Life Coach, facilitator, college instructor

and Executive Director for a First Nations not-for-profit organization. While all of these experiences were fulfilling, his most rewarding work has been as a motivational speaker and life coach working with youth, elders, community members and MCing at events all across Canada.

Raised in a single-family home at the level of poverty he endured his fair share of adversity, which he attributes to the multi-generational cycle of destruction created as a result of colonization. He spent much of his childhood in and out of foster care and as a youth in correctional facilities. "I was *that kid* at one time – in and out of detention centres. I got into trouble and tried to impress the wrong crowd. I was trying to be cool and stand out. Any attention was good attention for me," says Lambert.

"When I shifted my focus to getting attention in a better way - through education, sports and just being a funny guy - I got the positive attention and acknowledgement I always wanted. I started to be-

lieve in myself more and more. I realized how channelling my energy and my gifts in a good way achieved better long-lasting outcomes. That's when the magic started happening in life."

In his uplifting presentations, Lambert offers realistic life solutions and through inspiring stories he demonstrates how the choices he made helped him achieve the life he has now. When speaking to youth he explains two types of leaders that one can choose to be. "You are all leaders..." explains Lambert. "But remember, you can lead people in a good way or you can mislead them in a bad way."

When asked how he knows if he's had an impact on a youth, or someone attending his seminars, Lambert said, "You know you've caught their attention when no one is looking at their cell phone in a crowd of 400+ people," smiles Lambert. "I know how to connect. I keep everything very real and down to earth. I've been where they are and I've walked in their shoes."

Find out more at www.earllambert.com.

Made in Manitoba

Special Insert



THE 2018 Indspire awards

Celebrating their 25th anniversary, the 2018 *Indspire Awards* represents the highest honour the Indigenous community bestows upon its people. Throughout 25 years, the *Indspire Awards* have honoured 350 First Nations, Inuit and Métis individuals who demonstrate outstanding achievement in their fields. The show is a national broadcast celebration of culture, showcasing the diversity of Indigenous people in Canada and including performances by Canada's biggest names in Indigenous entertainment.

Each year, *Indspire* (with the help of their partners) brings hundreds of Indigenous youth to the *Indspire Awards*. These students experience firsthand the celebration of culture and achievement, and leave with a sense of pride for their community and excitement for their own futures. *Indspire* develops lesson plans to be used in conjunction with the show to expand the reach of the *Indspire Awards* and ensure that Indigenous youth across the country learn about these incredible Indigenous role models.

This year's 25th anniversary show, themed "Indigitropolis", was co-hosted by Darrell Dennis, award-winning comedian, actor, screenwriter and radio personality and Winnipeg's own Kyle Nobess, actor (*Mohawk Girls*) and

international speaker. The Live Voice Over Artist for the show was professional personality and producer, Winnipeg local Holly Bernier. The 2018 *Indspire Awards* featured Indigenous talent from across Canada, including the following individuals from Manitoba: Lisa Meeches (Cultural Liaison), Rosanna Deerchild, host of *Unreserved* on CBC Radio (Youth Presenter) and Buffy Handel (Choreographer for Sedna Performance).

INDIGITROPOLIS

"where language lives"

The theme of the 2018 *Indspire Awards* was inspired by the movement of Indigenous language reclamation and revitalization, and the idea of neon signs on a skyline. **The goal was to create a show that embodied the essence of "Indigenous languages**

thriving". *Indigitropolis* can be described as a place where Indigenous languages live and thrive. It is where Indigenous culture, ceremony and identity prosper, and where everything in life is witnessed through an Indigenous world view. It is rural, it is urban, it is everywhere. A skyline was constructed which embraced the entire stage to ensure that every performance, award recipient reveal, and host introduction was being supported by language, identity and indigeneity.

The 2018 *Indspire Awards* ceremony was held in Winnipeg, Manitoba, Canada, on March 23, 2018 - to be broadcast on APTN and CBC at a later date.

Find out how you can nominate someone for the 2019 *Indspire Awards* at www.indspire.ca/indspire-awards



2018 *Indspire Awards* Performer, Kelly Fraser of SEDNA



2018 *Indspire Awards* Performer, Asham Stompers



2018 *Indspire Awards* Hosts Kyle Nobess (right) & Darrell Dennis (left)

INDSPIRE AWARD RECIPIENT
LAW & JUSTICE

Paul Chartrand

St. Laurent, Manitoba

Paul Chartrand is a legal practitioner and a retired Professor of Law who has lent his expertise to some of the most significant developments in law and policy for Indigenous peoples in recent history. In 1991, Paul Chartrand was appointed one of the seven commissioners to Canada's Royal Commission on Aboriginal Peoples. The resulting report included 440 recommendations for transforming the relationship between Indigenous and non-Indigenous people and governments in Canada and has become a framework for reconciliation. The report has led to historic initiatives like the Aboriginal Healing Foundation and the Truth and Reconciliation Commission. For nearly three decades, Mr. Chartrand participated as a representative and an advisor to Indigenous organizations in the process leading up to the adoption of the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP). The creation and adoption of UNDRIP is a significant milestone in the protection and promotion of Indigenous rights not only in Canada, but around the world. The Declaration was officially adopted by the Government of Canada in 2016.



Honours and Accomplishments

2008

2008-2009: Director of the Graduate Studies Program in Aboriginal Governance at the University of Winnipeg.

2002

2002-2007: Professor of Law at the College of Law, University of Saskatchewan, specializing in domestic, international, and comparative Indigenous law and policy.

2001

Outstanding Alumni Award, QUT School of Law, Brisbane, Australia.

1998

1998-1999: Founding member of the board of the National Aboriginal Healing Foundation.

1991

1991-2001: Commissioner on the Aboriginal Justice Implementation Commission of Manitoba.

1986

1986-1991, 1996-2007: Advisor and representative on the United Nations Declaration on the Rights of Indigenous Peoples and Métis Nation Ambassador to the United Nations.

1984

1984-1987: Senior Advisor to the Métis National Council at the national First Minister's Conferences on Aboriginal Constitutional Reform.

1983

1983-1991: Head of the Department of Native Studies at the University of Manitoba.

INDSPIRE AWARD RECIPIENT
YOUTH AWARD, MÉTIS

Tracie Léost

St. Laurent, Manitoba

At just nineteen years old, Tracie Léost is a young Indigenous leader, activist, and track and field athlete. In 2014, Léost won three bronze medals under the Métis flag at the North American Indigenous Games in Regina, Saskatchewan, Canada. In 2015, after learning of the disappearance of more and more Indigenous women and feeling a growing sense of frustration about the lack of political will to launch an inquiry into the issue, Léost set out on a four-day 115 km run to raise awareness. She raised over \$6,000 for the *Families First Foundation* and garnered international attention. In September 2016, the Government of Canada launched the National Inquiry into Missing and Murdered Indigenous Women and Girls. Now in her second year in the Indigenous Social Work Program at the University of Regina, Léost continues to advocate for Indigenous peoples.



Honours and Accomplishments

2017

Spoke in front of 70,000 youth and their families at We Day Canada in Ottawa.

Ran the torch in the Opening Ceremonies at the 2017 Canada Summer Games.

Competed in the North American Indigenous Games in Toronto.

Nominated for #iamSK, an ambitious storytelling project by CBC Saskatchewan that will share stories of people who are leading us into the future.

2016

Spoke in front of 16,000 young Manitobans at We Day Manitoba.

Featured on Vogue.com for her appearance in the Cass McCombs music video, *Run Sister Run*, which now has over 70,000 views on YouTube.

Received the Manitoba Teachers' Society Young Humanitarian Award.

Received the Gerrie Hammond Memorial Award of Promise from the YMCA-YWCA of Winnipeg Women of Distinction Awards.



DrinkSense.ca

With Child Without Alcohol

Roland Vandal

Winner of the 2017 "Our Manitoba Heroes Award"

Public speaker, mental health advocate and acclaimed author **Roland Vandal** has become well-known in Winnipeg for his philanthropic activities, his community service and his support of the boxing community in Manitoba, Canada.

Now in his mid-forties, Vandal has a life he once never thought possible. He has worked hard and battled Post-Traumatic Stress Disorder (PTSD) to get to where he is today. He is a survivor – a survivor of a difficult childhood and of sexual abuse, which led him down a path that nearly took his life 16 years ago.

As a youth Vandal was sexually abused by a trusted coach. Following the abuse he sought solace in drugs, sex, violence and alcohol to evade the traumatic memories of years past, and at 30 years old he had hit rock bottom - he was suicidal and broken. "I remember I must have been out for hours and when I woke up (from an overdose) I could hear people in the hallways, but I couldn't move or cry out," said Vandal. "Something spiritual happened to me that day. It's hard to describe but I became conscious – all I could think of was that my son was going to grow up without a father. I should have died that day but I didn't. I knew in that moment that I needed to change. I had to break the cycle, and I needed to help others."

Vandal has been sober now for 16 years and gives credit to his incredible support system for helping him deal with

his mental health condition. PTSD continues to impact his life, but he has learned to manage it so that it does not rule his life as it once did.

Going from struggling addict to community leader, Vandal felt it was time to tell his story, breaking the silence and aiding his healing. In March 2015 Vandal's book entitled *Off the Ropes: My Story* was released Canada-wide at the same time as the CBC documentary "The Wounded Healer: The Roland Vandal Story" aired across Manitoba. A year later, in May 2016, the documentary aired nationally on CBC.

*The sky is the limit for this Métis entrepreneur and father of two as preparations begin to take shape for a movie depicting his life, based on his recent book *Off the Ropes: My Story*.*

Vandal has built his life around advocating for the Indigenous community,



advocating for mental health and giving back to the community that saved him. His experience has enabled him to travel the world and positively impact youth from all over the globe. He has presented in over 700 venues in Canada and the United States.

Over the last decade Vandal has been recognized for his contributions to his community through various nominations and accolades, including being named one of the **Top 100 Most Fascinating People in Manitoba** in the Metro Newspaper in 2014; nominated for the **Commitment Award of Manitoba** by the Manitoba Human Rights Commission in 2014 and 2016; named one of the **Top 100 Speakers and Community Leaders in Canada and the US** in 2015 by the John C Maxwell Team in Orlando, Florida and in the same year Vandal was awarded the **TJ's Champions Award** at the TJ's Gift Foundation Gala dinner. In 2016 Vandal was named one of **Manitoba's Finest** by the Kidney Foundation of Manitoba and most recently he was awarded the 2017 Centre for Addiction and Mental Health's



Difference Makers Award as one of the top 150 leaders in Canada for mental health awareness.

A trained journeyman, Vandal has followed his passions over the years and has dabbled in a few different trades, from business owner and motivational speaker to coach and actor – all of which continue to play significant roles in his life.

Vandal currently owns and operates a Level 5 Stabilized Youth Foster Treatment Home for children aging out of care or on extensions of care, in addition to operating a treatment foster home. He also sits on the Board of Directors for the Red Road Lodge Recovery Homeless Mission. A boxing enthusiast his whole life, Vandal never let his past influence his love for the sport. In addition to coaching boxing, Vandal also competed in the sport as an amateur athlete and later as a professional. He currently co-owns and operates *Stingers Boxing Academy* in the area of East Kildonan in Winnipeg with the goal of using the power of sport to positively affect and change lives.

The sky is the limit for this Métis entrepreneur and father of two as preparations begin to take shape for a movie depicting his life, based on his recent book *Off the Ropes: My Story*.

Visit www.breakingthechain.ca for more information on Roland Vandal and his story.



“I think of all the people who have helped me; now I believe it’s my duty to pay it forward.”

**Indspire
awards**
Celebrating Indigenous Achievement



Nominations for the 2019 Indspire Awards are open until

June 29th, 2018

NOMINATE NOW at
indspire.ca/indspire-awards

Presenting Corporate Sponsor



Land-Based Program Grows with Youth

Marymound, a leading edge service provider, is blessed to have a vibrant Indigenous cultural program thanks to the creation and development by Marymound's Director of Human Resources and Organizational Development, Stephanie Zamora. It is the cultural program that brings the gifts of reclaiming culture to youth, families and staff through the land-based programming.

"Grandmothers and Grandfathers tell us that our children are lost because they have lost their connection to the land and water. The effects of this loss are multi-generational in that it continues to cause harm among our people today with the alienation from a land-based lifestyle," says Zamora. "Healing for Indigenous youth, children and families is connected to the land and our traditional languages."

The Indigenous Land-Based Program's goal is to provide children and youth with the necessary skills, knowledge and experience in land, language and culture to help retain and regenerate land-based practices. This means reconnecting youth to the land and waters and restoring crucial relationships that were disconnected.

The program also reminds the amazing, beautiful, kind and resilient youth about where they come from, who they are, and what their gifts and responsibilities are within the community. This is achieved by role-modeling health, happiness, generation, generosity, compassion, respect and quietness.

Youth at Marymound are reconnecting to the fundamental relationships with each other, the Cultural Mentors, the Creator, the good life, Mother Earth, the medicines, Grandmother Moon, water, Grandmothers, Grandfathers, the eagle, singing, the pipe, the Sundance and the sweat lodge. These relationships are vital life lines that will have a profound influence on the emotional, mental, spiritual and physical health of all youth at Marymound.



Marymound Cultural Team: (centre) Stephanie Zamora, Director of HR and Organizational Development, and Indigenous Youth Mentors (L-R) Terence Ross, Raven Hart, Ivana Yellowback and Daman Morissette

As part of the Land-Based program, one of the Marymound youth mentors, Raven Hart, connects youth every day to the land as they go out into the bush to harvest medicines and teas to support vitality, health and wellness. "Youth learn that food is medicine and the Land-Based program is revitalizing traditional food systems, including the growing and harvesting of corn, beans, squash and berries," says Hart.

Wild meat and fish are also included in the many ceremonies, teachings and activities that engage the youth. Medicinal tea, bannock and other traditional foods are prepared over the fire on Marymound's cultural grounds.

Marymound is committed to supporting the revitalization of Indigenous youth identity and language. As the Land-Based program grows so does self-esteem, spirit, kindness, compassion, generosity and love.

"What we do here are everyday things. It is our goal as good relatives to remind youth that they are a spirit and are supported and loved by their ancestors, and that we are all a part of a big family because this is what will change their lives," says Elder Wanbdi Wakita.

Founded by the Sisters of the Good Shepherd in 1911, Marymound has helped over 90,000 youth and families in Winnipeg and Manitoba overcome trauma and barriers that enable them to integrate successfully back into the community. As society changes so has Marymound. Through growth and an evolution of caring based on the organization's founding values, Marymound is meeting the cultural needs and healing of Indigenous children in its care.



JADE TURNER

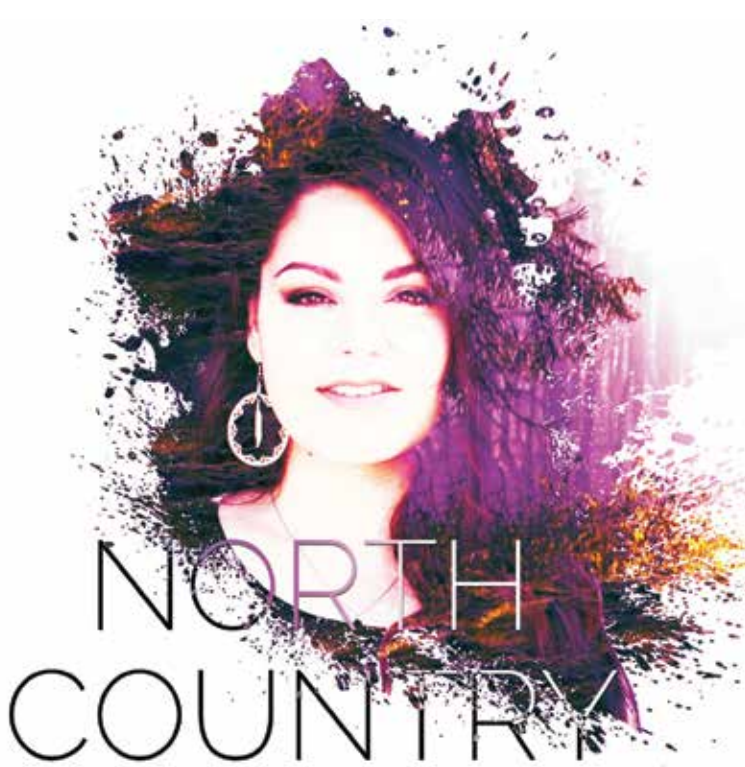
Best Country Album, 2017 Indigenous Music Awards

In new Country artist Jade Turner hails from Misipawistik Cree Nation, Manitoba, Canada. Turner's 11-time nominated, second album *North Country* pays tribute to life in the north, and her single "Worth" has been a way for her to help people, which Turner says has been an honour.

Turner was inspired to write this song about the youth suicide crisis in Pimicikamak Cree Nation.

Turner said she remembers feeling suicidal when she was 12 years old and even attempted to take her own life. Her family moved around a lot, so Turner was always the new girl in school, and with her light skin she was an easy target for bullies. **Turner wrote "Worth" because she wanted to be able to voice to young people what she needed to hear when she was young.**

A small girl with a big voice, Turner has been drawing in audiences and gaining



momentum since *North Country* was released in February 2017. Her first album *Thanks to You* was nominated for **Best Country CD** and **Best New Artist** at the Aboriginal People's Choice Awards. Her music has

topped the Aboriginal Top 40 Music Countdown Charts and in 2013, Turner was presented with the **Most Outstanding Manitoban award**.

By day, Turner is a red seal

millwright but at night she trades in her wrenches and work boots for a microphone and cowboy boots. This 30-year-old musician makes her living fixing industrial equipment in Grand Rapids, Manitoba. She initially started the job as a way to support her music career, but what Turner didn't realize was how much she would love being an industrial mechanic.

"It's a change every day; you're always doing something different. It's not expected of somebody of my size — 5'1" — to be working with all the guys, and it really pushed me to want to do that even more, I think," said Turner.

The rotating work schedule (one week on and one week off) allows Turner the time to develop and invest in her music career. "For this record, I had to grow as an artist and a songwriter," said Turner. "But above all I hope when people listen to this album that it puts them in a good mood."

MUSIC INTERVIEWS by LARRY KNUDSEN

Indigenous in Music with Larry K and his interviews can now be heard on

This
month's
artists:

June 18 | Fara Palmer

June 25 | SOLJU

July 2 | Tracy Lee Nelson

July 9 | Jade Turner

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Native Voice One

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The Native American Radio Network

A LIFE ON THE LINE



Sam Karney

left his small western Manitoba town to pursue an education and career in the city. Little did he know the road would one day circle back, return him to his rural roots and reveal the secrets of one of Canada's oldest professions.

***A Life on the Line* is the story of a young man returning to the fur-trapping life he once turned his back on. Even though Canada today has largely forgotten about the fur trade, there are still men and women dedicated to preserving this way of life and passing it down to the next generation.** *A Life on the Line* explores this important part of Canadian history, set against the stunning backdrop of Manitoba's rugged boreal forest.

"For as long as I can remember, fur trapping has been in my life," says Karney, a Métis filmmaker from Roblin, Manitoba.



"My dad Chuck Karney started working on a trapline when I was very young, so, to me, the sights and smells became everyday things. But as I got older and moved away for school and work, the trapline got further and further away."



"A few years ago, through my work at a TV station, I was given the opportunity to produce short documentaries. I pitched the idea of spending a weekend on my dad's trapline, documenting the activities and exploring the challenges in a modernized world. After that, I began thinking there was something bigger here."

And he was right. What turned out to be 'something bigger' was the story of Karney returning to his roots and reconnecting with his father. The idea eventually turned into *A Life on the Line*, Karney's first full-length documentary as a filmmaker.

About the Story

Chuck Karney is a fur trapper with over 20 years of experience. Though not Indigenous himself, he married a Métis woman and spent the better part of his life living a traditional "off the land" existence.

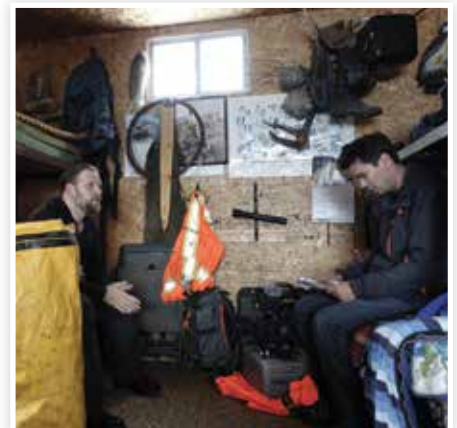
Throughout the 2016-2017 trapping season, Sam Karney spent time with his father learning what it takes to run a

trapline. From bone chilling cold to the gruesome realities of the job, Karney went hands on – and all in – every step of the way. **"No matter how macho you think you are living in the city, there are things that happen on the trapline that make even the strongest men wilt,"** says Karney.

Often humorous and even heartwarming, *A Life on the Line* shows a father's desire to teach his son a dying way of life and passing on traditional knowledge that would otherwise be lost. The documentary also takes a look at Karney's Métis roots on his mother's side.

"It's kind of funny actually," says Karney. "Here's my dad, a full-fledged Ukrainian, living a traditional Métis lifestyle. It's quite something."

A Life on the Line is co-produced by Winnipeg-based production companies Ice River Films and Wookey Films. It is directed by Sam Karney, produced by Andrew Wiens and Jérémie Wookey, and executive produced by Janelle Wookey, with Rudy Gauer as director of photography.



A Life on the Line received its national television broadcast on APTN earlier this year. The documentary is now streaming on APTN's website on the Reel Insights page. <http://aptn.ca/reelinsights/video>

Kyle J Mason



Born and raised in Winnipeg, Manitoba, Canada, Kyle Mason is of Ojibway and Métis descent and is the son of two residential school survivors. He is the founder of the North End Family Centre, which has been a gathering place for North End families to connect and be empowered since 2008. In June 2017, after nearly a decade as the Director of the North End Family Centre, Mason made the difficult decision to make a shift in his career and move on, “passing the torch” and the responsibility of running the North End Family Centre to new staff.

2018 has been a year of change and of taking on new challenges. Mason is no longer involved in the North End Family Centre in an official capacity, but remains a donor, mentor and volunteer. SAY was thrilled to sit down with Mason to find out more about his life, his new endeavors and how the North End Family Centre came to be.

Here is his story

Raised in a single-family home by his mother, Mason grew up with his brother and sister primarily in Winnipeg’s North End. He has few memories of his father, but he does remember his father always pushing him and his siblings to be the best they could be. He also recalls his father as a successful business man. They lived a prosperous life during his younger years, but everything changed after a family vacation to Edmonton, Alberta, when Mason was eight years old.

“I remember having fun, going on rides and shopping, but then a strange

thing happened. We didn’t come back with my father. It was the end of my parents’ relationship. After he left, I remember life rapidly changing. The houses were gone, toys were gone and the next thing I recall is my sister, me, my brother and my mother all living in a two-bedroom suite in someone else’s house. Life was just night and day.”

For many years, Mason and his family moved around a lot, and at times they lived with friends and family to avoid homelessness. “All of a sudden we found ourselves sitting around the kitchen table praying to make ends meet. As a child, I didn’t know how to process this.”

As years past, things got better. Mason’s mother worked hard to complete her high school diploma and attain a degree in social work, all while working and raising three kids. “She was trying to make a better life for us, and she did,” said Mason. Mason’s mother eventually bought a house, and the family moved out of the North End.

After completing high school, Mason

planned on working for a year before pursuing his post-secondary education. One year turned into three, and, like many young people, he was lacking drive and focus. He was stuck and looking for a place to belong. Unlike his peers, he found a sense of community and belonging in his local church youth group in the North End.

“I became a church nerd and attended youth conferences and volunteered a lot. The pastors in the church ended up playing a big role in my life. Some became father figures and role models for me.”

Mason eventually pursued his studies and graduated from Eston College in Saskatchewan, Canada, with a degree in biblical studies with plans of becoming a youth and young adult pastor, much like the pastors who had impacted his life. While studying at Eston, Mason met and fell in love with his wife Arlene. The pair married during his final year of schooling and then moved to Winnipeg, Manitoba, where Mason worked at a church in Stonewall, Manitoba and where he soon found out he was not quite wired to be a pastor like he

had planned. “It came as a huge shock and disappointment to me because I had spent years dreaming to do this and studied years to do this,” said Mason. “Thankfully, I was offered an opportunity as the Director with the Dryden Food Bank (Ontario, Canada) which was a lot of hard work but an incredible growing experience for me as a professional.”

Under his leadership, the food bank grew from a small organization renting a small space to becoming the largest organization of its kind in the region.

New in their marriage and new in their careers, the couple found out they were expecting and made all the preparations in anticipation of their first child. Life changed drastically when the couple experienced the heart wrenching loss of their daughter. “No one saw it coming. It rocked us. It shook us to our core,” said Mason.

Heartbroken, and with life not making sense anymore, they resigned from their positions in Dryden and sought comfort with family in Saskatoon, Saskatchewan. “My wife took time off from working, and I took a job where I could punch in and punch out. We spent time grieving and trying to figure out what life was all about. We were very raw,” explained Mason.

After a year, the couple decided it was time to restart their careers and learn how to live after the loss of their daughter. They moved to Winnipeg after Mason’s wife was offered a government job in her field, and, oddly enough, the couple moved into the same neighbourhood in the North End, on the same street, three blocks down from where Mason grew up.

It was at that time that Mason decided he wanted to start something - **do something** in the community where he grew up. “**The North End is a beautiful neighbourhood filled with thousands upon thousands of good people who want the**

best for themselves and their families just like anyone else, anywhere else,” said Mason.

After completing large amounts of research, it was clear that a part of Winnipeg’s North End was dramatically underserved. A series of community meetings and discussions with people in the community, including elected officials, not-for-profit leaders and religious leaders in the neighbourhood led to what is now known as the **North End Family Centre** – its name descriptive of the population it serves.

The North End Family Centre opened its doors on Main Street in a 1000 square foot facility in 2008, with no money and no government grants during the largest economic recession of our time. “It was a small army of people, team members and donors who built up the Family Centre,” said Mason.

I’m a firm believer in “nothing for us, without us”. It was my mantra while forming the North End Family Centre.

After nearly a decade in operation, the North End Family Centre now operates out of a 3000 square foot facility and serves approximately 1500 members a month.

Mason is now the Director of Development for the Lung Association of Manitoba, and he recently launched his own private consulting firm which continues to enable him to reach communities through speaking engagements and community development opportunities, while aiding in reconciliation efforts. Over the last decade, Mason is thankful to have reconciled with his father, building a strong relationship over time. Mason and Arlene are also the proud parents of a four-year-old boy. “He is smart and kind. He is perfect and keeps us happily exhausted. We are absolutely enjoying every minute of being able to parent,” said Mason.

Q&A with
Kyle Mason
continued on page 34





WINNIPEG'S *Healing Forest*

The second of its kind in Canada

In the heart of Winnipeg's North End, construction of a Healing Forest is underway in St. John's Park and is expected to officially open this fall.

The Healing Forest is a living memorial to children lost to the residential school system. A place for healing and reconciliation, the Healing Forest is also meant to be a place of learning for students, families and the community at large.

"It is a place where students will learn our histories and connect to the land. It is a place for remembering the past and envisioning the future."

– Healing Forest Planning Group

Construction of the Winnipeg Healing Forest will occur in two phases. In progress is phase one which is the building of the outdoor learning space and phase two includes the completion of the healing garden to be completed by 2019. The design of the Healing Forest was created

in consultation with the city of Winnipeg, Elders and community members and is based on Anishinaabe tradition.

The layout of the forest includes two circular gathering areas. The first, the outdoor learning space with a place for sacred fires at the center and surrounded by natural log benches facing inward to encourage reflection. Linked by a winding path the other more of a growing garden - a medicine wheel garden - located adjacent to the main site. A plaque from the National Center for Truth and Reconciliation (NCTR) will honour its designation as a Healing Forest.

The University of Winnipeg is partnering on the project and funding the curriculum work. Dr. Lee Anne Block, a professor at the University of Winnipeg, helped design the Healing Forest and is working with teacher groups to develop a living curriculum and resources that will assist in teaching students about Indigenous cultures.

A unique component of the curriculum plans is for the involvement of Elders and knowledge keepers who will provide teachings for students and the community in the Healing Forest space. "It's important that they [Elders and knowledge keepers] be involved and be accessible to youth," says Dr. Lee Anne Block. "It is meant to be a fluid process where teachers are able to build on Elder teachings and use the Healing Forest curriculum in layered ways with follow-up activities for students for continuous learning."

Canada's first Healing Forest was opened in Edmonton, Alberta, Canada, in November 2016 on the north bank of the North Saskatchewan River, and plans for a third and fourth Canadian Healing Forest are underway for Perth, Ontario, and Regina, Saskatchewan. The opening of Winnipeg's Healing Forest will mark the 125th anniversary of St. John's Park, which currently has artifacts and statues focused on settler and military history. These stories of the past will be enriched by Indigenous histories within the Healing Forest.

From conceptualization to realization. Below are the design plans for Winnipeg's Healing Forest, including some snapshots that take us through the journey of phase one of construction currently in development on the outdoor learning space. The 2018 construction, including the benches, was made possible thanks to funding provided by the Manitoba government's Community Development Initiatives program.



Planted in March 2018, 5 Snowbird Hawthorn and 3 Starlight Flowering Crabs will form part of the backdrop to the healing garden portion of the park.



Raw oak trees before they were debarked and created into the beautiful log benches that now outline the outdoor learning space. Created by Wood Anchor.



Photography by Jason Dyck



Landscape architectural services by ft3 Architecture Landscape Interior Design

Winnipeg's Healing Forest is part of a national initiative. The National Healing Forest Initiative, in response to the Truth and Reconciliation report of 2015, is a call to action - an effort to assist healing across the country and collectively build a better Canada. Any community can get involved. Visit www.nationalhealingforests.com to find out how.

Hot Spots in Manitoba

Photography by Orli Gelfar

Spring brings the promise of vibrant colours, festivals, celebrations and outdoor adventures, and in Canada, at the center of North America, there is no better time to experience what our communities and land have to offer in all regions. According to Travel Manitoba, these six places are a must to experience and celebrate Indigenous culture in Manitoba.

A Central Meeting Place

Nestled in the heart of downtown Winnipeg is **The Forks** – one of Winnipeg's most cherished and popular meeting places. It has always been regarded as a historic site, and has been a sacred meeting place for First Nations for over 6,000 years. In the past it served as a key trading post for Indigenous peoples, followed by European fur traders, Métis buffalo hunters, Scottish settlers, riverboat workers, railway pioneers and immigrants. The Forks is an all-encompassing experience during any season and is a must see for tourists and locals alike.

www.theforks.com



Mikinak-Keya Tour

At a time when human rights are always at the forefront of our conversations, the **Canadian Museum for Human Rights** (Winnipeg) is a great place to explore Indigenous culture, its impact on life and perspectives on Indigenous matters. Described as a living, breathing, walking exhibit, the **Mikinak-Keya Spirit Tour** reflects the seven sacred teachings of First Nations peoples, and each teaching is represented by a spirit animal. What's even more fascinating is that each sacred teaching and spirit animal is represented in the design of the museum. The result of an ongoing collaboration between the museum and a group of seven First Nations Elders from the region, the tour not only ties the building's design into its sacred teachings but also connects its oral traditions to the present-day topic of human rights.

<https://humanrights.ca/visit/tours/mikinak-keya>



Food

Indulge in Indigenous-inspired cuisine at **Feast Café Bistro**, at the corner of Ellice Avenue and Sherbrook Street in Winnipeg. Owner Christa Bruneau-Guenther is a proud member of Peguis First Nation and has spent over 15 years refining her cooking skills and expanding her knowledge of Indigenous foods. **Feast** focuses on seasonal foods and uses local ingredients deeply rooted in First Nations culture, including bison, which is profoundly connected to Indigenous people and the province of Manitoba. Make sure to mark this dining hotspot on your list of culinary pursuits for this summer.

www.feastcafebistro.com



Explore Art

Located in downtown Winnipeg is the **Urban Shaman Contemporary Aboriginal Art Gallery**. It is not only the place for Aboriginal artists of all disciplines to showcase their work, but it's a space of discovery and cultivating talent among Indigenous peoples. From its arts and crafts to its abstract exhibits, the gallery seeks to maintain its authenticity and to remain deeply rooted in Indigenous culture. If you're in Winnipeg this summer, admission to the gallery is free, so there's no excuse not to explore this modern Art Gallery.



Nature's Classroom

Exploring nature is one of the best ways to experience Indigenous culture, and the **Brokenhead Wetland Interpretive Trail (Anikanotabijigade)** is a great place to start. Not only does this trail possess medicinal plants that are sacred to Indigenous culture, its tree-shaded boardwalks and open marshy areas offer the perfect place and opportunity for reflection on the teachings of love, respect, courage, honesty, wisdom, humility and truth, which Indigenous peoples hold in the highest esteem.

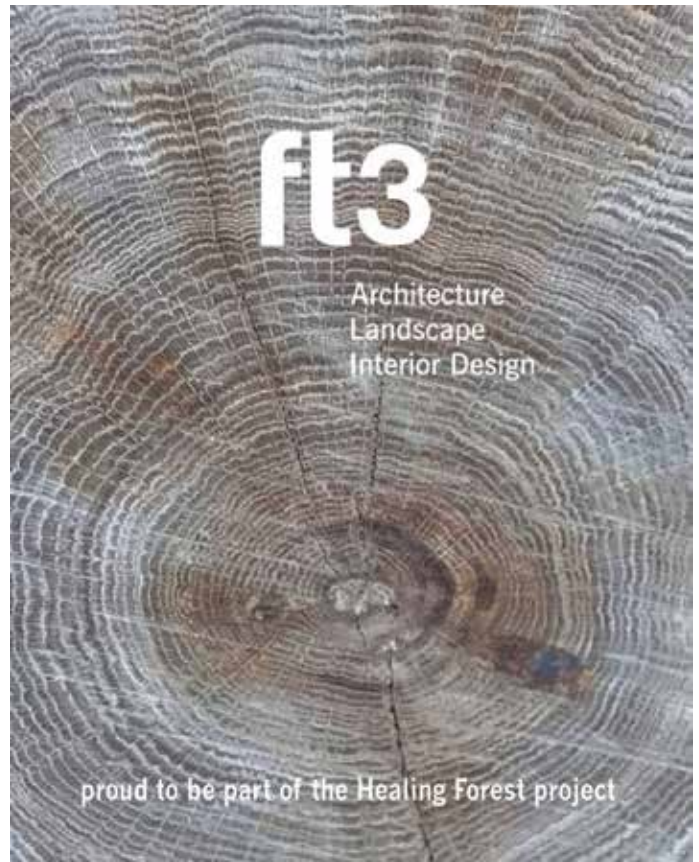
www.gov.mb.ca/sd/pai/mb_network/brokenhead



Thunderbird Nest

is a designated historic site in Manitoba located just two hours north of Winnipeg in the Rural Municipality of Alonsa. This site, defined by a circle of sacred stones and built by the Anishinaabe, was constructed to attract the Thunderbird as a guardian spirit. The Thunderbird is believed to be a guardian spirit that protects mankind from the serpent of the underworld. Constructed many years ago by their ancestors, this site is still used by Ojibway people to this day for ceremonies.

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Q&A with Kyle Mason



Here are a few more fun facts about Kyle Mason that you might not already know.

SAY: Tell us a little more about your family background.

Mason: My father's side is Ojibway from Peguis First Nation - descendants from Chief Peguis himself. In fact, my family has been around longer than the province of Manitoba. And what some people might not know is that Chief Peguis was one of the first Chiefs to convert to Christianity back when European settlers were here, and as a result he took ownership of a bible which has been passed down through generations to where I am now the keeper and protector of the bible. I am having it restored professionally to its best shape possible, and hopefully later this year it will be on display in the Manitoba Museum.

On my mother's side, I am Métis from Manigotagan, Manitoba. My Métis roots go far back into the province's history, and my grandfather and his wife were co-founders of the Manitoba Métis Federation.

SAY: Who has been one of the most influential people in your life thus far?

Mason: Lauren Miller. When I was at Eston College he was the president at the

time and took me under his wing. If it wasn't for his mentorship, friendship and the occasional kick in the butt, I wouldn't be the leader and the man I am today. He really helped me mature and helped me learn how to think.

SAY: What does the North End Family Centre mean to you?

Mason: It's part of the community where I live. It's a place of belonging where there is no judgement - a space for people and families to think beyond their current circumstance or environment, especially if they are struggling in life. It is there to help people find success, no matter what that looks like - it's different for everyone.

It is the type of place that I needed when I was young.

SAY: You have identified how important your faith is to you. How does your faith influence your life?

Mason: I was raised as a Christian, and I choose to follow the teachings of Jesus. It is something that is very core to my being and has evolved a lot over the last ten years of my life. I was raised to feel that I had to either be Indigenous or Christian. I now realize that is not the case. I am now a proud Ojibway-Metis man who follows culture, traditions and ceremonies,

and I am also a follower of Jesus. I have learned that the two are not at odds with each other, but they actually enrich each other and work well together. **I feel much more whole as a person when I am able to be my Indigenous self and follow the teachings of Jesus.**

SAY: What do you want your legacy to be?

Mason: When my days on this planet come to an end, I hope I will be known as my son's father. My biggest gift is my son - he is my legacy and the seventh generation of Chief Peguis.

In January 2013, Mason received the Queen Elizabeth II Diamond Jubilee Medal for founding and leading the North End Family Centre. In March 2015, Mason was chosen as a CBC Manitoba Future 40 leader, which highlighted leaders from different sectors who are making a difference in Manitoba. In the summer of 2017, Mason was awarded a Community Hero Award by the Winnipeg Blue Bombers. Mason was also selected to participate in the prestigious 2017 Governor General Canadian Leadership Conference.

For more information, or to contact Kyle Mason, please visit www.kylejmason.ca.

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