

August 2015



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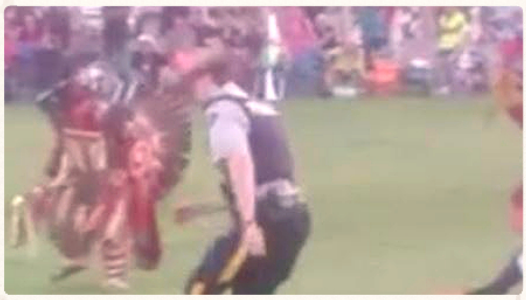
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### Bridging the Gap

#### Mountie Impresses Crowd at Saskatchewan Pow Wow



RCMP officer dances at Sask. powwow

Const. J.P. Gauthier didn't expect to be one of the performers when he went to the powwow in his community of Waterhen First Nation in Saskatchewan.

But when he was asked to honour the elders in attendance Sunday by dancing, he accepted. Gauthier said that after the dance, people brought him water and kept coming up to him to introduce themselves, offer compliments and share stories of their family traditions. He said some people didn't know that he was living on the Waterhen First Nation.

Gauthier, who became an RCMP officer seven months ago, arrived at the Waterhen First Nation, about 70 kilometers north of Meadow Lake, five months ago.

Originally from Montreal, he said he didn't know

*" Summer ends, and Autumn comes, and he who would have it otherwise would have high tide always and a full moon every night. "*

*~ Hal Borland*



Photo Source: Mink Lake, Lake St. Peter, ON

Quote Source: izquotes

### First Nations Woman Crowned Mrs. Universe

#### A Success Story

much about Cree culture before moving to Saskatchewan. But he's catching up quickly.

**Read More:** including video

*Photo Source: CBC video link*

## Mary Brave Bird A Remarkable Aboriginal Woman

Mary Ellen Moore-Richard (Sep. 26, 1954 - Feb. 14, 2013) known as Mary Brave Bird, also known as Mary Crow Dog and Mary Brave Woman Olguin was an inspiring Brulé Lakota writer and activist who was a member of the American Indian Movement during the 1970's and participated in some of their most publicized events, including the Wounded Knee Incident when she was 20 years old.

Mary Brave Bird and her life story was published in two books: *Lakota Woman* and *Ohitika Woman*. In these two books, written 15 years apart, Brave Bird told how the American Indian Movement (AIM) gave meaning to her life. *Lakota Woman*, written under the name Mary Crow Dog, portrays her life from her birth to 1977, and *Ohitika Woman* written under her current name of Mary Brave Bird, covers events up to 1992 and adds new details to the earlier history.



Mary Brave Bird, Author of *Lakota Woman* (1954 - 2013)  
(L) Richard Erdoes / (R) Ulf Andersen/Getty Images

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*Article Source: Based on materials from "Native North American Biography" edited by Sharon Malinowski and Simon Glickman*

## Property Owners, First Nations Square Off Over Rice Farming In Ontario Lake

There's a battle brewing between property

owners on a lake in Ontario's Kawartha region and a First Nations group using the lake bed to seed and harvest rice.



Ashley Callingbull, a 25-year-old from Alberta's Enoch Cree Nation has become the first First Nations woman to win the Mrs. Universe pageant. Callingbull, who is a trained dancer and professional actress, has taken part in several pageants in the past. Ashley Callingbull said she was particularly drawn to the 2015 Mrs. Universe competition because of its theme: battling domestic violence and child abuse.

**Read More:**

*includes video*

*Photo Source: ya-native.*

## When Chief Clarence Louis Speaks People Listen

**"First Nations are not stakeholders on their land we are rights-holders "**

**THUNDER BAY - BUSINESS** - Chief Clarence Louie addressed the APEX - Aboriginal Partnership Exchange on June 4th in Thunder Bay. The Chief of the Osoyoos Indian Band expressed that his passion is helping his people, and that he believes the best social program is having a job. Chief Louie went on to say, "Far too many First Nations in Canada have 'Great Depression unemployment rates', and that is simply unacceptable". The Chief went on to say, "What we are asking for is a fair chance, we want the same standard of living that most non-native people have".



seed and harvest rice.

At the centre of the dispute is Pigeon Lake, located north of Peterborough near Bobcaygeon.

Larry Wood, whose family has lived on the lake for more than 70 years, told CBC News the problem began about six years ago when a local man began seeding rice in the lake.

Wood, who says he is joined by more than 200 families opposed to the planting of rice on Pigeon Lake, says the rice has now spread from "shore to shore" choking out other plants and hindering recreational uses of the lake.

"If this is allowed to continue, Pigeon Lake as we know it will no longer exist," Wood told CBC News.

Wood is careful to point out that wild rice has grown in the lake for decades; a small patch has flourished near his property for as long as he can remember. But what he and a group of property owners are opposed to is the seeding of rice plants in the lake.



Larry Wood's family has owned property on Pigeon Lake for 70 years. He says this spot was open water until a few years ago. (Phillip Lee-Shanoh/CBC)

[Read More:](#)



A capacity crowd at the Victoria Inn of over 300 people came out to network and engage at the event sponsored by the Chamber of Commerce and the Nishnawbe Aski Development Fund.



Chief Clarence Louie of the Osoyoos Indian Band

[Read More:](#)

## Harvesting and Processing Wild Rice

Wild rice, known as manomin to the Ojibwa, was a staple food in the Eastern Woodland Indian culture for more than a thousand years.

Although it's commonly referred to as wild rice, it isn't technically a rice. Manomin is a grass of the family Gramineae, the genus *Zizania*...and it grows only in water.

Source: [native-art-in-canada.com](http://native-art-in-canada.com)

Typically sold as a dried whole grain, wild rice is high in protein, the amino acid lysine and dietary fiber, and low in fat. Nutritional analysis shows wild rice to be second only to oats (quinoa was third) in protein content per 100 calories. Like true rice, it does not contain gluten. It is also a good source of certain minerals and B vitamins. One cup of cooked wild rice provides 5% or more of the daily value of thiamin, riboflavin, iron, and potassium; 10% or more of the daily value of niacin, b6, folate, magnesium, phosphorus; 15% of zinc; and over 20% of manganese.

Source: [Wild Rice - Wikipedia](#)

Photo Source: [Wild Rice - Wikipedia](#)

## Three Reasons Why First Nations Voters Are Suddenly More Engaged

Just a few weeks into the federal election, it's fair to say this campaign will see a dramatic rise in participation by indigenous voters.

Already there are more than 40 First Nation, Métis or Inuit candidates seeking mainstream party nominations and a handful of ridings where all of the candidates are indigenous.





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### 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 either through the Newsletter or Facebook?

If you have something you would like to add to future issues we would be happy to consider it; please call or email putting Facebook or Newsletter material in the subject line!

omfrcinfo @ gmail.com

613-332 -4789

### Ontario Metis Family Records Center



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

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

*The articles in this Newsletter are the opinions of the authors and not necessarily those of the producers of*



Still from music video produced to encourage Indigenous Peoples to vote, by Young Medicine featuring Trent Agecutay. (Youtube)

**Read More:**

### The Intricate Beadwork of Jackie Larson

Jackie Larson Bread is a beadworker from the Blackfeet Reservation in Browning, Montana, who currently lives in Great Falls. She won the Best in Show prize at the 2013 SWAIA Santa Fe Indian Market for "Memory Keeper," a beaded hatbox featuring members of her family and her tribe.



Beaded bag by Jackie Larson Bread. Image source: facebook.com/jackie.l.bread

**Read More:**

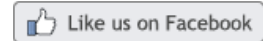




The OMFRC would like to thank everyone that is standing with us to support the Ontario Metis Family Records Center Community Facebook Page.....your response is nothing short of incredible!

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.



## ***Is Your Membership Coming Up for Renewal?***



***If it is, call 1-613-332-4789 and you can do it right over the phone in just a couple of minutes.***