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LE MÉTIS

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Vol. 1 Issue 21

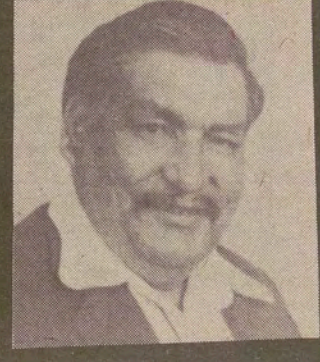
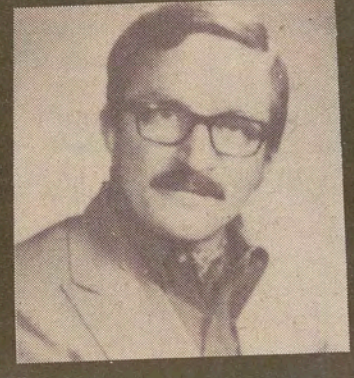
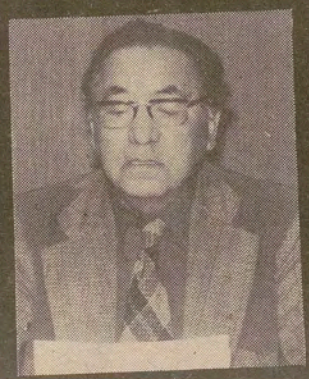
July 1976

Registration Number 3151

MANITOBA METIS FEDERATION 8TH ANNUAL ASSEMBLY

M.M.F. PRESIDENTS

M.M.F. PRESIDENTS



? 1976 ?

JULY: 16, 17, 18, (1976) ...
CRANBERRY PORTAGE -
FOR MORE INFO. PHONE
Barbara Bruce -
Linnemann - 942-2565

NOMINATIONS FOR M.M.F. PRESIDENT



EDWARD HEAD

In the year 1931 Edward was born in Granville Lake, Manitoba. Today he has twelve children and a good number of grand-children. Edward has been involved with the Manitoba Metis

Federation since it was formed. Some highlights where Edward has been active with the Manitoba Metis Federation were:

- Local Chairman for the Thompson Local

- Vice-Chairman for the Thompson Local
- Field organizer for the Manitoba Metis Federation
- First housing co-ordinator for the north
- Board of Director for the Thompson Region (3 years)
- Vice-President for the Thompson Region
- President for the Manitoba Metis Federation

Edward is not the type that restricts his activities within the Manitoba Metis Federation. He became involved with other committees, especially committees that would be a benefit to the Metis. A list of some committees Edward has been involved with:

- Community Economic Development Fund
- Special ARDA
- Native Communications (As Employee and Board Member)
- Management Committee of Northeast Development
- Designated Committee for Housing
- National Monitoring Committee of Canada
- Manitoba delegate for Native Council of Canada

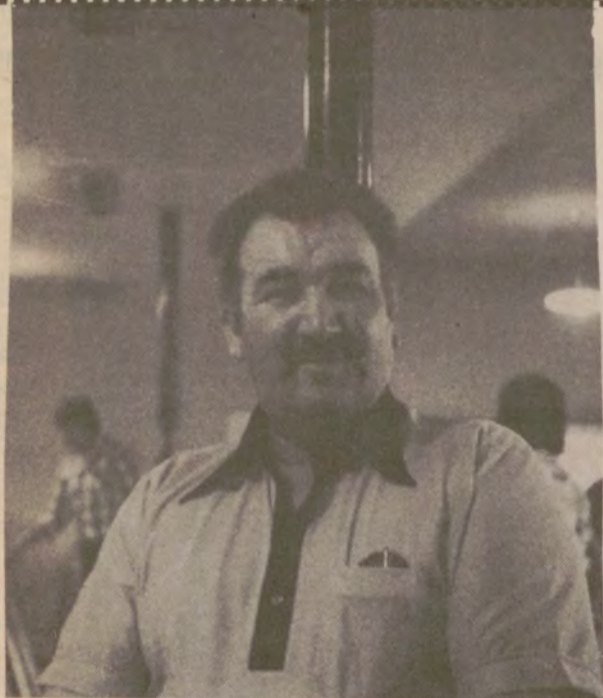


NORVAL DESJARLAIS

Mr. Norval Desjarlais, a Metis from Winnipeg has been actively involved with various organizations in Manitoba. In 1969 he took the position of Housing and Employment Co-ordinator for the Winnipeg Friendship Centre. His involvement with the Manitoba Metis Federation is well known to most M.M.F. members. In 1970-71, Norval was elected Vice-President of the Southeast Region. Having completed a two year term he did not seek

re-election. He did however remain active as a Board member in 1972-73. In 1974 Norval worked in the M.M.F. Thompson Region Co-ordinator for Family Service. His involvement did not stop here. In 1974-75 Norval was appointed Provincial Executive-Secretary of the Manitoba Association of Friendship Centres. He is presently employed CMHC, Central Mortgage and Housing Corporation.

VOTE



DON McIVOR

On July 15, 1931 an interesting event occurred at Cross Lake, Manitoba that would lead to important consequences for our society. This event was the birth of Don McIvor.

Don spent his younger days at Cross Lake and was occupied by the usual efforts of attending school, doing chores, trapping and looking after every boys pride and joy - a dog team.

As manhood approached he felt that it was time for greater responsibility. He moved to Wabowden and worked at various occupations including that of a railway foreman, miner diamond driller and operator of heavy construction equipment. However trapping,

fishing and hunting always remained a part of his life and to this day a portion of his time is spent on the trapline.

Don, or chubby chub as he is more often called also settled down, got married and started raising a healthy sized family.

During 1968-1969 he became very concerned at the many inequities that were apparent involving life for native people and he therefore became involved in local organizations.

Since that time he has become intensely involved, with many community oriented and government organizations - always with the goal of helping the disadvantaged.

A brief summary of the

more prominent positions he has held and is involved with are as follows: 1969-70 President, Wabowden Metis Federation Local; 1969-70 Chairman, Northern Affairs Advisory Committee; 1969-70 Member, Manitoba Govt. Northern Task Force; 1970-71 President, Wabowden Community Club; 1970-73 Founding Director, Northern Association of Community Councils; 1970- Mayor, Wabowden Community Council; 1971-73 Director, Communities Economic Development Fund; 1971-72 Chairman, Norway House, Cross Lake Development Committee (now the Flood Committee); 1973- Chairman, Native Communication Incorporated; 1976- General Manager, Pakwagan Community Services.

Since 1974 Don has been employed with the Department of Northern Affairs initially with the Northern Manpower Corps. and then with Special Projects. Through his remarkable ability of understanding people and grasping the important points of an issue, he has gained exceptional ability at effectively dealing with all levels of society and all levels of government.

VOTE

VOTE



JOHN MORRISSEAU

I am sorry to say but I do not have much material on John. This is all the material I have on him.

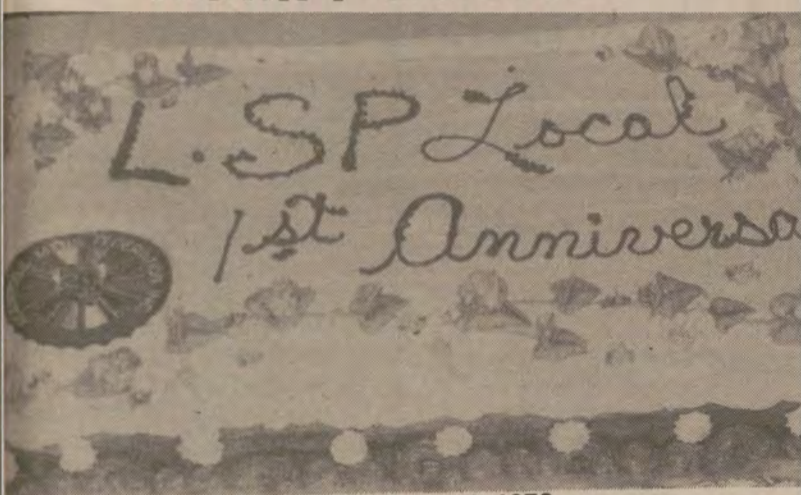
- Vice-President for The Pas Regional at one time
- Involved with the Manitoba Metis Federation at the local level

- Co-ordinated Metis Days Crane River
- Ran for Manitoba Metis Federation President at one time
- Was special assistant to McBryde of Northern Affairs at one time

VOTE

LOCAL NEWS

LORD SELKIRK PARK M.M.F. LOCAL



1st Anniversary April 10, 1976

A big hello from our Local member to all the readers' of the "Le Metis", and a special big thank you to our members of the Lord Selkirk Park Local and other Local members and the many friends that came out and helped us celebrate our 1st Anniversary of being a member of the Manitoba Metis Federation.

Many exciting things have happened in this past year since we formed our Local, April 10, 1975, among the

happenings, Baseball Wind-Ups, Christmas Party for the children, sponsoring the 13 year old boys Hockey Team which gave us some good evenings and weekends of hockey, even though they didn't win the finals, we still think our boys' are the greatest, and on the morning of the Pancake Breakfast, when the boys received their trophies, it gave us as parents and coaches a great feeling to see the smiles on their faces.



A big thank you to Mr. Edward Head and his lovely wife for attending our Social evening and Barbara Bruce-Linnemann the editor for giving her time to be there. It was a great evening, meeting old friends and new friends, people who are interested in what we are doing in the community and for our children, to bring together our people to work in Unity.

Also a big thank you for the great music, Reg Bouvette and his Roadhouse Gentlemen gave us on April 10, 1976.

Everybody there went home tired but happy, especially the following people were tired but happy and grateful that the evening was a success. Mr. & Mrs. Fred Boulette (Vice-Chairman), Mr. & Mrs. Walter Heilman (Social Convener), Mr. Cliff Richard (Chairman), Mrs. Joan Richard (Secretary-Treasurer), Mr. & Mrs. Erin Kennedy (Bunny looked great, watch it Erin), Mr. & Mrs. George Kruse who celebrated their 40th Wedding Anniversary, many more to come and much happiness

for this great couple, Mr. & Mrs. Herman Burston (what happened Herman didn't see you on the dance floor, must be getting old), Mr. & Mrs. Bill Johnston (that was great jiggling on top of the table Billy).

A special thanks to Dell Heilman who was kept very busy suppling the folk's with White Lightning for the whole evening and his wife Vicki who worked with him, and a big thank you to Cheryl, Nancy and Bridgette who served the lunch.

This is the kind of good things that happen when people work and play together, it proves that there is strength in our people, and that they can get things done for themselves with out outside help. UNITY is the key word and we have seen this, this past year as we have watched what other Locals are doing, fighting for what is theirs and not letting obstacles stop them, you have to be UNITED and work together to move ahead.

J. Richard
Secretary-Treasurer —
acting Publicity Chairman

FISHER BAY LOCAL

Student Community Services, Secretary of State grant in the amount of \$5,189.28 was received earlier this month. Five students will be working here for eight weeks.

A very successful dance was held on May 22, 1976 to raise money to buy sports equipment for the children. The fiddle player was Lawrence Houle from Bacon Ridge, the 1974 fiddling champ of the Native Council of Canada. Thanks to Lawrence for the very good music, also to Jimmy Flett and Stewart Denby from Winnipeg. We enjoyed your singing and guitar playing.

The next dance at Fisher Bay is planned for the long weekend in July, probably the 3rd. We hope we're lucky enough to have the same band.

Theodore Govereau
Chairman-Fisher Bay Local

RIVERS, MAN.

LOCAL REPORT

May 23, 1976 election meeting with nine (9) members produced the following results:

Returned by acclamation:
Chairman - Mr. Alex Laval-lee

Vice-Chairman - Mrs. Ross Linberg

Secretary-Treasurer - Mrs. Monique Genaille

A twenty-five (\$25.00) donation was presented to Mrs. Ross Linberg for the cubs and scouts of Rivers. A family picnic for all members will be held towards the end of August.

The Rivers Local has seventeen (17) new members and they would like to extend their welcome to May Desjarlais, Mrs. Jean Anderson and Mr. John Moar as new members.

Mrs. Monique Genaille

BROCHET M.M.F. LOCAL

It is amazing how Metis can work when given a chance. Three weeks ago, the Brochet Metis started working on the twenty-one houses RANCOM provided for them. On July 2, 1976, we went to see how they were doing. They had finished twelve foundations and five houses. The houses were not completed but they say they want to put shells on all the foundations before it turns cold. They have set a deadline of nine months to complete the houses, but if they continue at the pace they are going now, they will finish before then.

It took the government five months to build five houses in Brochet. It sure looks like the Brochet Metis are trying to tell the government something.

GILLIAM METIS THE FORGOTTEN PEOPLE



Gilliam housing still goes uncorrected. Shreyer and Osland made verbal commitments to the local people after a critical report was made on the housing conditions of Gilliam by the Manitoba Metis Federation.

On June 15th, I made a trip to Gilliam, and people were still living in houses the 1971 report described. The only difference is that M.H.R.C. is building seven houses. Seven

houses which seventeen families applied for. What is the government going to do for the other ten families? Naturally, no other housing agencies can do anything because the government has seen it appropriate to classify Gilliam as an "industrial area" and it is no longer a native community because the white transients outnumber the natives. Therefore the only agency that can go into Gilliam



is the Manitoba Housing and Renewal Corporation. M.H.R.C. has no future plans for Gilliam other than the seven houses they are building. Now this is a fine example of a token effort to alleviate the conscience of some politician who made a verbal commitment.

Another culprit that is making the housing situation worse, is the Manitoba Hydro. For M.H.R.C. to build their seven houses, they had to pay Manitoba Hydro \$4,400.00 per lot. This same corporation charges a Metis who owns his own trailer \$41.00 per month for one lot. Then on the other hand, if you work for them you can use a three bedroom

house with a full basement for \$80.00 a month. So it seems like if you want to live half decently in Gilliam you are going to have to work for Manitoba Hydro. If you don't, brother, you pay. And here I always thought that Manitoba Hydro was an electric company, not a real estate company.

The housing situation in Gilliam is sad, and the situation is made worse by provincial government corporations. To my way of thinking, the Shreyer government is responsible because it is the government corporation that is making a mess of the situation.



REGIONAL NEWS

THOMPSON REGIONAL CONFERENCE June 18, 1976

Thompson Regional Conference held elections for a Vice-President and one Provincial Board of Director.

Nominated for Vice-President were: Norman Gunn, Myrna Whitehawk, Bob Sinclair.

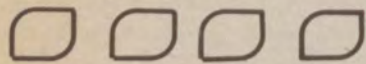
Nominated for Provincial Board of Director were: Myrna Whitehawk, Bob Sinclair, Tim Macleod.



The successful candidates were Norman Gunn for Vice-President and Myrna Whitehawk for Board of Director.

Ben Thompson resigned as Vice-President of the Thompson Region to take employment with INCO on Native Employment. He says the role of the Vice-President is hard. A lot of times frustrating, since the Vice-President role was lowered to a field worker. He says it is hard when you have to wait for Head Office approval before you can do anything within your region. He then wished the successful candidates the best of luck.

The Thompson Conference was a success except for the air strike which left some delegates and observers grumbling about having to take buses or trains.



MANITOBA METIS FEDERATION INTERLAKE REGIONAL MEETING

The M.M.F. Interlake Region held a well attended regional meeting on May 8, 1976 in Ashern, Manitoba. The chairman was the Vice-President of the Interlake Region, Howard Asham with Ms. Anna Barnes, Secretary/Treasurer assisting.

There were twenty locals, with 53 voting delegates plus many observers in attendance.

The guest speakers for the day were Ron Myers and Jim Ramsay of Legal Aid, R. Webb and M. Regiedginski of the Ombudsman Department; Al Chartrand of the Native Clan Organization; Mrs. Dean, Department of Labour; Ernie Guilbault, Pathfinders Project; Lloyd Pelletier, Rural and Native Housing; Steve Lavelle and W. Skhlanka M.H.R.C.; Mr. Lawry, Municipal Planning Board and Ed Head, President of the Manitoba Metis Federation. Besides the general business meeting and speeches there was election for two Provincial Board Directors, two Regional Board Directors.

Anna Govereau of Fisher Bay and Ken Desjarlais were elected Provincial Board Directors, Willie Dumont of St. Laurant and Alex Bradburn of Dallas as Regional Board Directors.

Theodore Govereau of Fisher Bay was elected Board Member for the Rural and Native Housing Corporation of Manitoba.

The general feeling of the delegates was that the meeting and speeches were very informative and educational and more of this type of meetings should be held if finances permitting.

MEMORANDUM

TO: Manitoba Metis Federation Delegates
FROM: Barbara Bruce-Linnemann
SUBJECT: Manitoba Metis Federation Annual Assembly, July 16, 17, 18, 1976, Frontier School, Cranberry Portage, Manitoba

There is accommodation for 350 at the school. Delegates have priority.

Registration starts Thursday, July 15 at 12:00 noon.

Please bring your own towels, there are none there.

If there are any delegates taking kids, (that includes everyone) we suggest that you bring sleeping bags for them, as we have no extra beds.

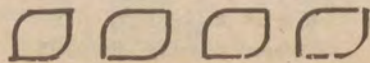
If any observers are attending the Conference, please let them know that they will have to send Head-

quarters their names for registration purposes.

They will have to make their reservations as far as accommodations is concerned, or bring tents or trailers. Space will be available on the school grounds.

The four (4) nominees for the Manitoba Metis Federation President are: Mr. Norval Desjarlais, 782 Spence Street, Winnipeg, Manitoba; Mr. John Morrisseau, Crane River, Manitoba, R0L 0M0; Mr. Don McIvor, Wabowden, Manitoba, R0B 1S0; Mr. Edward Head, 454 Furby Street, Winnipeg, Manitoba.

Barbara Bruce-Linnemann
Assistant to the President



AVAILABLE AT M.M.F. PRESS

GUILLAUME CHARETTE

L'ESPACE DE LOUIS GOULET



EDITIONS BOIS-BRÛLÉS
1976

PRÉSENTATION

En 1973, au cours d'un projet de recherches, les cahiers de Guillaume Charette avaient retenu notre attention. Il fut question de publier à ce moment-là, mais le temps et les fonds manquant, nous remettons à plus tard.

Enfin, à l'automne 1975, il nous était possible d'entreprendre la publication d'un ouvrage de Guillaume Charette. Parmi ses travaux, on choisit l'histoire de Louis Goulet, qu'il nous présente dans son avant-propos. Louis Goulet est mort le 26 septembre 1936.

Les Editions Bois-Brûlés ont conservé les canadianismes et les mots indiens qui se trouvaient dans le texte, et éliminé l'anglais à part quelques mots et une dizaine d'anglicismes. Nous avons respecté le style de l'auteur, un style écrit chevauchant le parlé.

Bois-Brûlés est le nom que l'on donnait aux Métis avant la formation de la province du Manitoba. Les Editions Bois-Brûlés, comme la *Manitoba Metis Federation Press*, ont pour but de faire connaître l'histoire, les légendes et la vie des Métis.

"L'Espace de Louis Goulet", c'est plus qu'un cahier de folklore ou de culture métisse, c'est l'histoire d'un homme et d'une époque importante de la vie d'une nation.

Emile Pelletier, éditeur

NATIVE COLLEGE

REGINA (June 11) — Final approval has been given to establish North American's first Indian controlled university-level college at the University of Regina.

Federation of the Saskatchewan Indian Cultural College with the University of Regina was approved by the Board of Governors during their recent June meeting.

The other two major decision-making bodies, Senate and University Council, approved federation during meetings last month.

Initially the Indian Cultural College will not have its own building so office and classroom accommodation will be provided by the University. College personnel are expected to move into their campus accommodation

within the next few months.

Through federation, the College will be legally and financially independent but academically integrated with the University. The College will employ its own administrative, academic and support staff and will appoint their own professors following approval of the University.

Classes offered by the College will be part of university degree programs.

The three decision-making bodies have also approved a three-year bachelor of arts degree program with a major in Indian studies.

The possibility of federation first surfaced in September, 1975 when College administrators contacted University president, Dr. Lloyd Barber.

The Board of Governors

P.M. REFERS METIS TO PROV

By IAIN HUNTER
Staff Correspondent

OTTAWA — Prime Minister Trudeau indicated Tuesday that Metis and non-status Indians in Canada's provinces must look to provincial governments for recognition of their claims.

His remarks in the House of Commons suggested that the federal government is not accepting the demand of non-status Indians for special treatment from Ottawa in the settlement of their grievances.

Mr. Trudeau declared that the federal government's "first preoccupation" is with status Indians, who come under the administrative authority of Ottawa.

"The others, the Metis, are provincial citizens," he stated.

Frank Oberle (PC—Prince George) asked the prime minister whether the federal government would respond to submissions made by the Metis and non-status Indians since 1973 "in regard to the very special rights in our society." He called them Canada's "forgotten people."

Mr. Trudeau said cabinet has given consideration to the requests.

"Like every other provincial citizen we hope the provincial governments will not consider them to be forgotten citizens to use the expression of the honorable member," he said.

Outside the House, Indian Affairs Minister Judy Buchanan noted that Ottawa has agreed already to consider together the claims of both status Indians and non-status Indians and non-status Indians and Metis in the Yukon and Northwest Territories.

"And in British Columbia we indicated that we would involve non-status Indians in that claim," he added.

Mr. Buchanan said that he has no authority to disclose government policy with regard to non-status Indians adding that this is up to the prime minister.

WINNIPEG FREE PRESS,
WEDNESDAY, MAY 12, 1976

later directed Dr. Barber to establish a council committee to investigate and make recommendations regarding a possible federation.

In January, 1976, Regina Council established a steering committee made up of members representing the University academic community. The committee was asked to report on future academic relationships between the College and University.

A joint Senate-Council committee was created in April and several weeks later a sub-committee met with College representatives to work out details of the proposed federation agreement.

Spring and Youth

The river I see
Once clear, now muddy
Brings to mind
The boyhood years
For I was like that river too
But slowly through natural
force
My mind became clear
As will the river I see
Muddy now, flow clear again.
"Clarence Smith-Cassill" '76

The Trip

Concentrate...
Now, let your mind
See into the Spring
After this Spring.
Free!
You drift through life.
The picture clear;
Bright and colourful as
Autumn's leaves.
Mind clear!
Positively clear as
Winter's snow.
You meet and bid farewell,
the seasons.
And then one day
You find yourself
Romping through life
Like last Spring's colt.

Free!
You try not to do as plastic
robots do
In their coin after coin's
society.
Then alas,
The lifter brings you down.
You find yourself less
it's aid,
So you try to concentrate
On this Spring,
But the keys that rattle
And the door that's slammed
shut
See's you doing another day
In society's pit.

In retaliation
You say hot damn
And wait optimistically for
next Spring.
However,
The present see's your mind
Drifting into the future,
Thriving for insight,
Gained through solitude.
The thought of being free
to love

And be loved
As only man should give love,
In exchange for love,
Drives your mind to create,
Despite the censored
environment
Imprisoned in the body.
Free of mind,
You travel your own road
As can only be constructed
By a free person.
And to be such a person
One must be an individual,
With the principal thought in
mind;
Where would society be
Without our progressive
individuals.

So slowly you plug away,
Trying to learn about
And understand
Society's complex
hypocritical standards
Of what life is all about.
You get into bed and wonder,
Will tomorrow be,
Another productive Spring
day.
Then sleep comes...
As you concentrate on Spring.
Clarence Smith-Cassill '76'

METIS POETRY

Words are Power

Words are power
And this power can be had
By the unaware,
Determined to become aware
That words are power.

Now, this power can be used,
Was used,
And is still being used
On people,
Unaware that words are
power.

Remember the council table
Of years ago.
Take heed/and be fore
warned;
For this lesson you paid
with blood
And your traditions.

I won't take these words
back,
Because I know
Words of power,
Properly used,
Can be a meek man's feast.
"Clarence Smith-Cassill" '76

Dream in Reality

Major Progression is reality
to a dream,
of a dream, looking for
a dreamer to dream;
over and over again.
Rock and Roll is you
and I
creative force of inner being—
looking for a high
beyond the high,
at the high in heaven's high.
Dream on
through the now know how
of Electrified Rock and Roll,
as projected
through the projection
of Major Progression.

"Clarence Smith-Cassill"
5th March 1976

John Diefenbaker

John Diefenbaker,
You came into the game
An undisguised and tedious
preformer,
And at careers' end
Walked off the field much
like a winning quarterback
Having just inked your way
into Canada's history;
A renowned champion of
freedom.

But for a long time
The prairie dust limited
your vision
And this somehow affected
your strategic game plan.
For it wasn't until late in the
stages of the game
That age, wisdom, and insight
tackled you,
Thus causing you to sound
out:
Freedom! Freedom! Freedom!

John Diefenbaker,
Before you leave the arena
To join the masses,
Talk is Canada's future heads
of state
Will not be named Ivan or Igor
Because your prophetic
appeal reached ears of
reasoning.

For this may you cause
a gleam
In the eyes of God.
"Clarence Smith-Cassill" '76

The life and times of
John Lee Hooker Jr.

Tired of living among prudes
And conforming to their
attitudes
Like working from nine to five
And putting up with their
phony jive
I set off like a miner down
the road

In search of the mother-lode
I discovered instant love
From a girl peaceful as a dove
Who sparked my desire
And set my heart a blazing
fire

But all this was done in vain
Because it brought me no
fortune or fame
I wanted by name in sight
On a flashing neon light
But on the way I turned and
looked

Saw a sensous high and
was hooked
Since then again nothing has
been the same
I've been trapped in the
needles' game

But for all the seeds I sowed
The search goes on for
missing lode.
"Clarence Smith-Cassill"

for Joan

Sculptress be bold
Pick up that piece of cedar
You spotted last summer
Hold it
Touch it
Feel it
Appraise it
But don't let your ingenuity
Ruin the project

A totem pole
A memorial depicting an
episode
I will help you carve
Perhaps tomorrow
But first
Let me continue
To marvel at
And be awe-struck
By the touch of His hand.
-Clarence Smith-Cassill-'76

Possessed to Cathy

Possessed?
You?
You become possessed
By you being possessed;
By your possessor.
On being possessed
By you,
Being Possessed
By your possessor.
An artist,
Who's skill possessed you
In this poem,
So titled, "possessed".
-Clarence Smith-Cassill-'76

Port Hope Revisited

Through me
she wants to write about
creation
but I laugh and scorn
and think of the power lords
and see us
in the name of progress
living on the brink of
ruination.
This I ask myself:
What will God create next
for us to destroy?
"Clarence Smith-Cassill" '76



CLARENCE SMITH-CASSILL

About the Author

Clarence Smith-Cassill was born and raised in Klondike Country (the Yukon). To quote him "a land of shining mid-nights, and dark embracing dreams".

He left the Yukon as a teenager in search of purpose, but soon he found that the civilized world could not cope with his wild nature. To express his feelings among an alien culture, he turned to writing.

I feel that in his writing, he tends to mock and ridicule many of society's hypocritical standards and their plastic ways of life. He often sees people as being the by-product of society instead of society being the product of people.

Clarence has often said "-

discontentment is the motivating force of man towards betterment". History supports this way of thinking, thus we live differently than did our ancestors, and often the course of least resistance has led him to his present situation, and this lifestyle far excels the invisible scars obtained because it has given him a unique set of values, not measured in material gains, but measured from within, bringing self-gratification.

To escape the monotony of doing his prison sentence, he is writing about his personal experiences. He also spends a great deal of his time working on his pet project, which is the study and comprehensive analysis of Native Inland Tlingit culture. Gordon L.P. Howe

"Le Metis"
Readers and Fellow Warriors:

On April the 7th, 1976,
Barry, I, and Ish
(What with our trained
practical eyes)
Caught sight
Of a flock of geese
In their migration north,
Flying naked upside down.
Such a sighting,
An old Indian trick,
Means the summer (76)
Unlike other summers before,
Could be seething in heat;
In more ways than one!
If the invisible ink treaty
makers
Don't come up with a suitable
solution
(In print)
To the issue of aboriginal
rights.
"Clarence Smith-Cassill" '76

Mount Up and Ride,
The Hunt is On!

Hunters,
They were the heart and soul
Of my people
For they kept us
One moon shadow away
From death,
And what are they now?
Floating drifters —
Caught in the eddy of city life
Who will make them aware?
Native organizations or you
my readers,
That they are free to hunt
again
On the plains of knowledge,
Now, open to them.
Let not the autumn wind
Blow my words into the din
of the pub —
The heart beat of society's
spoiler.
"Clarence Smith-Cassill" '76

From looking at frost-covered
birch trees under
sky-lighting auroras,
to sinking shaft into earthy
treasures-of both kinds;
I did it all to aid the poetry.
But will these efforts produce
ashes
and not dust
when I die?
"Clarence Smith-Cassill" '76

Deep in pain
and down in sorrow
fallen angels
in this man made hell
turn to music
to raise the spirit
ease the pain
and sooth the soul
so let's get it on with folk
as common folk do.
"Clarence Smith-Cassill"

RECIPES

MOSS BERRY RELISH

5 lbs. berries
3½ cups of brown sugar
2 cups of vinegar
2 tbsps. each cinnamon, cloves and allspice

Boil together 2 hours. Excellent for cold or hot meat.

Mrs. Nan Grey Eyes,
Petersfield, Manitoba

PEMMICAN

Pound dried Moose or Deer meat on a piece of clean canvas or stone, to fine crumbs. Pour hot melted moose fat over in pan. Let freeze. Serve cold. Very rich.

DRIED FISH

Clean and fillet fresh fish. Hang it to dry in sun. (In the old days, Lake Winnipeg Goldeye.) Place on rack over a smouldering fire, in a small shack. Takes only an afternoon. Good all Winter.

ROASTED RABBIT WITH BACON

Skin rabbit and draw it. Wash and cut up. Place in roaster with strips of bacon and salt and pepper. Bake in a medium oven.

MALLARD DUCK SOUP

Pluck and clean duck. Wash and cut up. Put in a pot with water and salt and pepper. Thicken with flour. Vegetables may be used for added flavor.

BAKED SKUNK

Clean, skin, wash. Bake in oven with salt and pepper. Tastes like rabbit. (No smell.) Skunk fat very good for whooping cough.

BEAR FAT PASTRY

1½ cups flour
½ tsp. salt
½ cup Bear fat (From a little black bear that was eating berries.)

Makes rich white pastry.

BANNOCK —

For a Small Bannock

3 cups of flour
1 tsp. of baking powder
A dash of salt
2 tbsps. lard
Water

Put dry ingredients in a bowl. Make a little well and pour the water in. Mix up into a dough and knead it. Flatten it out and put in the frying pan. You can cook on hot ashes, over an open fire or in the oven. Especially good fresh, eaten with lard. (Can also be made with boiled potatoes added.)

PEMMICAN (Chippewa)

1 pound dried meat (beef or venison)
¾ pound dried and crushed choke cherries
Sugar to taste (add last)
Fresh suet enough to hold together.

Grind meat, berries and suet in meat grinder. Add sugar. Mix thoroughly and serve.

CANNED FISH

Use fresh fish, well cleaned and washed.

Cut fish in good size chunks. Put in pot and pour boiling water over fish. Take chunks out and put in sealers. To each quart add 1 tsp. salt, 1 tbsps. vinegar.

Cover with liquid, seal and cook for 3 hours. (If there isn't enough liquid from pot, use boiling water.) Seal tight.

CRANBERRY JAM (OPEN KETTLE CANNING)

Take any amount of cranberries. Put in kettle and almost cover with water.

Let boil for 10 minutes or longer. Then take off stove, crush berries with potato masher and when cool, use colander or ricer to get all pulp from berries.

Then measure pulp and to every 2 cups pulp, add 1 cup of sugar. Boil hard for 10 minutes and seal.

Mrs. Nan Grey Eyes,
Petersfield, Manitoba

SOUR DOUGH BREAD

To make starter—soak yeast in ½ cup warm water.

Make batter of 4 cups flour and ½ cup sugar and warm water.

(Add soaked yeast.)

Let this work for 2 or 3 days.

Carry this in a covered lard pail.

On making camp, remove 2 cups starter and set aside for the future.

To the rest, add 4 cups of flour, 1 or 2 tps. of baking powder and water to make a dough.

Let this rise in a dishpan near the stove or campfire.

Work down and divide into portions in lard pails.

Let rise double. Put the lid on tight and bury in the camp fire coals to bake.

WILD MOSSBERRIES

Pick wild mossberries in October, when they are nice and firm.

Store them outside all Winter and use as you need them for pie and jam.

MOOSE NOSE

Singe moose's nose over open fire.

Scrape clean and scald.

Wash again.

Boil with salt and pepper for at least two hours.

Slice and serve cold.

Borrowed from Our Neighbors to the South — Courtesy Intertribal Friendship House, Oakland, California

ROAST QUAIL (Choctaw)

Use a freshly killed plump quail. Gut quail leaving feathers on. Salt inside. Wrap quail in wet red clay, making a round ball. Roast in ashes and coals from hickory wood fire. When clay cooks dry and cracks—quail is done. Peel off clay and feathers come with it. Delicious.

Letters

TO ALL MANITOBA METIS FEDERATION LOCALS:

This is to inform the members of the Manitoba Metis Federations that I will be taking a less active part in the organization in the future.

I firmly believe that the younger generation must become more involved in the Manitoba Metis Federation. It is the youth who will be the future leaders and they must have the opportunity to gain experience.

I would very much like to assist the young people on a consultive basis if they should so require, it would give me great pleasure to share my experiences with them.

As an active member of the Manitoba Metis Federation, I have been involved in the following projects or assignments.

1. Metis Police Training (pilot project).
2. Better Housing for low income Metis people.
3. The Establishment of a Detox and Rehab. Centre in the north.
4. More Alcohol and Drug Education in Communities.
5. The Establishment of Human Rights Office at The Pas, Man.
6. Promotion of Job Information Offices and Family Counselor in Northern Manitoba.
7. Promotion of Barenland Caribow Farming in the North.

My involvement has been at the grass roots level, and I have assisted many native people in their living and their personal problems. My first involvement with an native organization was when I moved to The Pas, nine years ago, at that time I was elected as one of the Directors on the Board, with the Friendship Centre. We as a Board negotiated for the New Friendship Centre Building, sometime later I resigned from the Board, so there would not be any conflict of interest with my position as a Manitoba Metis Federation Vice-President. Looking to the future we as native people must strive to **co-operate** and **communicate** among ourselves, so we can achieve our identity.

Again I pledge my continued support to the organization, and will strive to achieve the best for my own people.

Unfortunately, I am unable to attend this conference. My wife's illness necessitates a trip at this time.

Sincerely,
Alfred R. Head
Board of Directors, The Pas Region.

SMILE

Who says that members of parliament spend money like drunken sailors? Sailors spend their own money ...

Grand Council Treaty # 9 "Association of Treaty # 9 Chiefs"

Central Office:

Tel. (705) 267-1191
261 - 3rd AVENUE,
TIMMINS, ONTARIO

Dear Sir or Madam,

The community of Kashechewan, situated on the coast of James Bay, was extensively damaged by a flood on April 25th, 1976. This tragic event has made over eighty families homeless. All food supplies and personal possessions have been destroyed as well as their homes.

Although no lives were lost in this disaster, all the families were evacuated. They are presently grouped together in the communities of Moose Factory and Moosonee, and morale is very low.

It will take considerable time and funds to rebuild this community. The people are anxious to begin this massive task for they'll need homes before another winter sets in.

The federal government, through the Department of Indian Affairs, will provide some capital to rebuild most of the homes. The provincial government has responded negatively by stating that it will take a week or so to decide what little assistance they can provide. This reaction apparently stems from the fact that Indian people are the responsibility of the federal government and as such, assistance if any, will be very small. The public has responded by donating clothing, food and some funds. Despite these efforts, a great deal more is required to restore this community.

This letter is one of appeal for your support in the way of funds that will be utilized to rebuild the community of Kashechewan.

Cheques should be made payable to the CASH FOR KASH FUND, c/o Treaty # 9, 261 Third Ave., Timmins, Ontario. Tax exemption receipts will be provided on request.

Trusting to hear from you, I am,
Yours sincerely,
Andrew Rickard,
Chief,
Grand Council Treaty # 9.

MISUNDERSTANDING

The opposite of the title of this brief article is of course understanding. It seems to me that through the years in this Province of ours, rather than there being a reconciliation of the Metis and White people, we are rather, drifting further apart in our acceptance of one another. The cause of this rift in a Province that professes to be Christian surely must be based on our lack of understanding of one another, and not on the attitude of the German Nazi which probagated; "we are the superior race we therefore

naturally are better than other men."

It seems to me that some this misunderstanding based on the assumption that most if not all "Metis" are born with a different mentality which automatically makes them shiftless and not too bright. Yet you will get the same people who have this attitude, blame us for the present economic conditions of our Province. Even though we are only a small percentage of over all population of the country and therefore not the ones responsible for the control of financial matters pertaining to the present conditions. Surely if these same people would only stop to think of something besides their own comforts they would then change their thinking.

What some of our friends seem to be forgetting is that if it wasn't for us native people they wouldn't be here enjoying the good life they are now living. Often at the expense of our sweat, caused by the menial task that we have to perform, because they are the only jobs easily available to us. Just to exist under these conditions is enough to make you drink.

What finally made me decide to write this article, was a recent conversation with one of our local people. This person like most of his kind exploits us to the full extent of the law. They also run our people down as workers, with the usual stuff that we are for ever hearing, no good drunken lazy Metis etc. Yet most of them aren't doing too badly for themselves in our community. Also since then I attended our Centennial as a parish and for the first time heard a responsible white person, one of the speakers, honestly say that the "Metis" are always the "Forgotten People" when it comes to acknowledging those responsible for our being here and enjoying a good easy life.

This kind of statement should help me explode the myth that because one is poor and a Native that he is therefore no good. This type of propaganda has been fostered on us long enough especially when it is being accepted as gospel by some on both sides. Fortunately though not by all, but unfortunately by a majority of those concerned. Let us hopefully go forward from here to something better in the future.

I hope that these few words will help us to reconcile our differences in the near future, rather that continue on with the misunderstandings that we have had for the last 100 years.

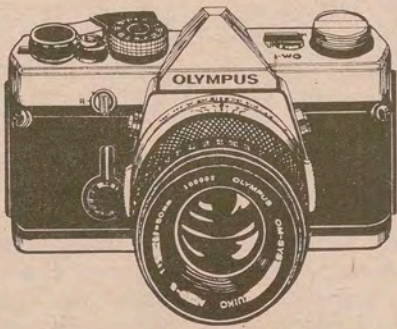
This article I feel should offend no one, unless of course their conscience is bothering them.

With hope in our Lord,
Jim Day
St. Laurant, Metis.



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EXECUTIVE-DIRECTOR REQUIRED

The Odawa Native Friendship Centre requires an Executive-Director to assume responsibilities pertaining to administering the day-to-day operations of the Centre.

Applicants should have a knowledge of native culture, life style of native people on and off the reserves, and an understanding of the functions and the programs of friendship centres, native associations, band councils, and government agencies.

DUTIES

The work requires some experience in staff supervision, coordinating programs, budgeting and relations experience with a wide variety of people and organizations.

A knowledge of community development concepts would be of value.

Ability to communicate well and some years of formal education is essential.

SALARY

Negotiable - based on experience.

Written applications may be sent to:
Odawa Native Friendship Centre
180 Waller St.
Ottawa, Ontario
K1N 9B9

Applications should be submitted before July 23, 1976.

ADVERTISING

UP-GRADING SCHOOL IN RUSSELL

There will be an up-grading school open in Russell again. This will be sponsored through Canada Manpower of Brandon. Starting early in October, 1976.

For further information, please contact:
L. Brazeau, 773-2376, Russell, Manitoba or **John Langan, 773-2728, Russell, Manitoba.** During evenings or mornings.

Everyone has the Right to Education

In the developing countries, millions of children and adults are denied the opportunity of learning to read and write. They lack books, teaching equipment and library aids. The A.B.E. is designed to meet these needs. All contributions go to help people who are already making an effort to improve their situation. Very little money is needed for administrative purposes.

Books are the passport to education. During this school period the students in class help one another. We are a happy gang and have a wonderful instructor.

L. Brazeau
Pelly Trail Local
Russell, Manitoba

Attention Readers

Le Metis will be starting a monthly column in which we are inviting the Metis Women and Men to send us recipes that they would like to see in a Book of Metis Recipes. Included below are a few instructions and guidelines on how to send us your contributions:

- Try when ever possible to write your recipes in point form.

- Please indicate your name and some of the background of your recipe i.e. (was the recipe handed down to you by your parents or grandparents and where did they get it from).

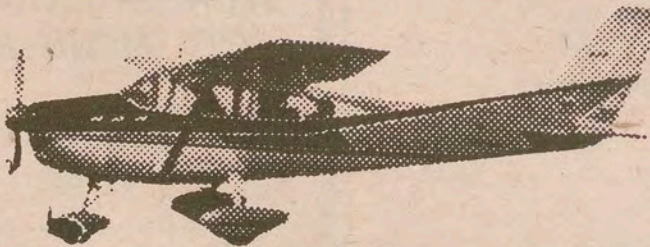
- The column will also serve to relay the recipes that others have and which could possibly be of use to you i.e. (You will learn many new recipes)

- In order for this column to be of use it is imperative that we get good response to our request for contributions from the community level.

- **Send Entries to Editor "Le Metis"**
301-374 Donald Wpg., Man.
R3B 2J2

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LE METIS - July 1976 - Page 7 ANNOUNCEMENTS

Native Council of Canada

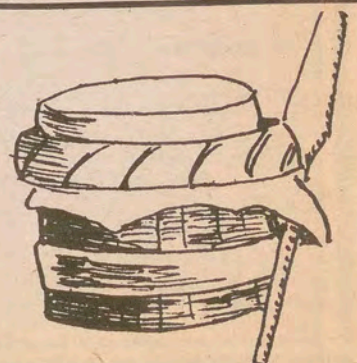
Due to the air strike the Fifth Native Council of Canada Annual Assembly had to be postponed until July 29, 30, 31, 1976.

Native Council of Canada wanted to postpone the assembly to July 2, 3, 4, 1976 and let the delegates go on ground transportation. This was not acceptable to the delegates from the Northwest Territories because they could not possibly make it on time for the assembly if they were to travel by ground. Since the theme of the assembly is Aboriginal Rights and Land Claims, Manitoba Metis Federation felt that it was important that the Northwest Territories be at the Annual Assembly. So the Manitoba Metis Federation along with five other provinces told the Native Council of Canada to change the Annual Assembly to the end of July.

All these postponements made it hard for the Native Council of Canada in cancelling all the arrangements they had made, but I am sure they can see our point too. It is hard to travel across Canada by car and then try to perform at peak level for a three day conference. This conference is important to all Metis and Non-Status Indians therefore, it is important that the delegates can perform at peak level in order to make the appropriate recommendations as to the best way to handle this important issue (Aboriginal Rights).

STUDENT COMMUNITY SERVICES PROGRAM

This is a summer program funded by the Secretary of State under the direction of the Manitoba Metis Federation Education Department. The program started on May 3rd, 1976 and will end on July 30, 1976, it involves six students from various parts of Manitoba. They will be travelling to various communities to speak with the students outlining the various courses and educational facilities open to them. They will also explore the different fundings available i.e. Princess Anne/Prince of Wales Bursary, Student Aid Program etc. The program participants are: Angus Sicotte, Margaret Monkman, Callie Atkinson, Don Ross, Debbie Kemash, and Cliff Thomas.



CHURCHILL RIVER DIVERSION BEGINS

The upstream cofferdam of Manitoba Hydro's recently completed diversion channel at South Bay was breached Wednesday, June 2, at 9 a.m. About 8,400 cfs (cubic feet per second) of Churchill River water is now passing through the channel into the Rat-Notigi system.

At the time of the cofferdam breach, the level of Southern Indian Lake was about elevation 840 feet above sea level. Raising the level in the Rat-Notigi basin by 10 feet to elevation 840 will take about six weeks.

Simultaneously with the cofferdam breach, the control gates at the Missi Control Structure are being adjusted to maintain Southern Indian Lake at elevation 840. The Missi Control Structure, located at the east end of Southern Indian Lake, is presently passing about 40,000 cfs down the natural Churchill River watercourse.

The outflow of the Rat-Notigi basin is controlled by

Notigi Control Structure which is presently passing 2,000 cfs into the Burntwood River. During the winter of 1976-77 the Notigi Control flow will be 10,000 cfs; about one third of the diversion channel capacity. A further increase in flow will take place in the spring, and the full diversion of 30,000 cfs is planned for the fall of 1977.

When the levels of Southern Indian Lake and the Rat-Notigi basin are equalized at elevation 840, the rest of the channel cofferdam will be removed. The level of Southern Indian Lake will then gradually be raised to elevation 844 by December 1976, and ultimately to elevation 847 by December 1977.

Under the terms of the licence issued to Manitoba Hydro by the Water Resources Branch of the Manitoba Department of Mines, Resources, and Environmental Management, Manitoba Hydro is allowed to regulate the level between elevations 844 and 847.

NATIVE APPROACHES TO HEALTH CONFERANCE

It should have been 8:30 ...but it's crowding 9 in the morning. Outside it's sunny with a light wind, but inside the Basic Sciences Building ...behind the closed doors and "White Noise" of Lecture Theatre "A", over three hundred, tiered onlookers cast a concentrated gaze to the floor below where Albert Lightning, traditional spiritual healer, hailing from Hobbema, Alberta, spreads a buffalo robe over the floor. A furry link with the natural inside the confines of a contemporary building of learning.

A peace pipe is lighted...the smell of sweet grass waves through the crowd. The only sounds are the puffing of the pipe, prayers...and the jacket-muted beepings of pocket pagers.

The smoke carried prayers to the spirits...the pagers called on doctors. Both requests for assistance.

This scene opened the recent Native Approches to Health Conference. (May 27/28th)

It seemed fitting.

The two day conference, sponsored by Services to Native Children at the Health Sciences Centre and the Northern Medical Unit of the University of Manitoba, was sectioned into four main areas of concern:

Another Medical Tradition
Points of Conflict
Infiltrating the System
What Will Evolve?

During the first session, Marie Funmaker, a medical anthropologist with the Manitoba Indian Brotherhood

spoke on the common ground of the two traditions of health. That common ground, she says, goes back to just before the birth of city living. When we lived on the land...our medicine derived from natural sources. As our dwelling areas became synthetic...so did our medicines.

Along with Albert Lightning, Dr. Adam Cuthand, University of Manitoba Native Student Advisor and Elder Rose Jackson spoke on traditional Native medicine. Mr. Lightning says it is prophesied that one day the healing powers known by native people will be shared with others. But that time has not yet come. One of the reasons mentioned concerned native potions for birth control. We were told during the conference that this information cannot be revealed yet, because such knowledge would be abused. There were hints that an upgrading of morals was needed first.

Dr. Don Rodgers, staff psychiatrist with the Health Sciences Centre, noted that the first five treaties negotiated in the Canadian West did not include medical assistance. Reason: the observers at the time deemed native medicine superior to that of the barber-surgeon.

Rose Bear, councillor with the Brokenhead Band, related a time when she was told that she would lose the baby she carried because of hemorrhaging. That was the hospital interpretation.

Her mother-in-law sought out the assistance of an old

woman with a knowledge of native medicine. A concoction was prepared and administered. Rose Bear carried that baby eight months. He's now nineteen years old.

That was Ms. Bear's introduction to her presentation of the hospital as seen by the people, under the points of conflict segment of the conference. She told the conference that many native people see the hospital as cold and prejudiced for these reasons: appointments, long waiting periods, personal questions, huge buildings and difficulties in communication. The need for better communication, expanded use of interpreters, and the success of native health workers with their own people in their own languages were the main points throughout most of the conference.

The basic sameness of the individual messages delivered to the Native Approches to Health Conference proved that the idea behind the two day event was right.

Larry Starr, from the Health Sciences Centre's Services to Native Children, and initiating co-ordinator for the conference, felt that many of the problems he observed in the treatment of native patients stemmed from simple misunderstanding between tradition and modern medicine.

He was pleased with the outcome. So were the delegates and the audience.

LYNN LAKE

The Lynn Lake Friendship Centre is in the proposal stage of building a hostel. The Manitoba Metis Federation is giving their support for this hostel. A hostel may not sound much to us, but for Lynn Lake, it is something that is needed by a lot of migrating Metis. Lynn Lake serves as a centre for a lot of the Metis communities. It is the nearest medical, transportation and communication centre. The hostel is important because the town does not have enough accomodation space to handle all the native people that migrate to this town for these services.

SMILE

The main disadvantage of a quality education is that someone is always asking how to spell a word ...

Stopping at a wayside service station, the lady enquired, "Do you have rest rooms?"

"Nope," replied the attendant, "When one of us gets tired we just sit on the oil drums down thar!!!"



LE METIS

Larry Dysart

"Le Metis" is distributed to all MMF Members and subscriptions from non-members are invited at the yearly rate of \$3.00 and are available at the following address:

MANITOBA METIS FEDERATION
301-374 Donald Street, Winnipeg, Man. R3B 2J2
Telephone: 942-2565
The Voice of the Manitoba Metis
Published on the 28th of each month

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NURSING CAREERS FOR METIS AND INDIANS

The Manitoba Association of Registered Nurses will encourage more metis and Indians to take up nursing.

Shirley Paine, chairman of the association's ad hoc committee which studied nursing education opportunities for metis, Indians and other groups said Tuesday there are only about 25 natives who are registered nurses in Manitoba.

Metis and Indian nurses "are more likely to be seen as helpful in isolated areas," she said in an interview. At the moment there are some language and culture problems with nurses assigned to reserves and the turnover is rapid.

Native nurses may be more likely to stay, she said.

There are so few metis and Indian nurses because of a lack of information being made available to these groups, she said. Schools are willing to admit them but they are not aware of the opportunities available.

Those who are interested often apply to the schools in the spring for September

enrolment, far later than other applicants who get their applications in at the start of their Grade 12.

"Perhaps it's their lifestyle but they don't look two or three years ahead and when they are told there is no room they get discouraged by the procedure," Ms. Paine said.

There is also a financial problem because many metis and Indians can't afford the two or three years training necessary, but she said she is hopeful funding will be forthcoming from the department of education.

The association is now working on ways of getting metis and Indian nurses out to the isolated areas to make information available to interested people.

Under the mature student entrance those who needed some preparatory help would receive it before starting their nursing training.

"If we can get the funding then we may be seeing more metis and Indian nurses in two or three years," she said.

THE TRIBUNE