



Gathering for *miyo mahcihowin*

(physical, mental, emotional
and spiritual well-being)

March 15-16, 2018

Saskatoon Inn 2002 Airport Drive Saskatoon, SK

healthsciences.usask.ca/miyo-mahcihowin



UNIVERSITY OF
SASKATCHEWAN



Gathering for miyo mahcihowin

Welcoming remarks from the planning committee co-chairs

We would like to acknowledge that this is Treaty 6 Territory and the Homelands of the Métis. On behalf of the planning committee we welcome you to the Gathering for *miyo mahcihowin* (physical, mental, emotional and spiritual well-being). Both Indigenous and non-Indigenous Canadians recognize that many previous and current health system practices have not been sufficient in eliminating the health disparities experienced by Indigenous Canadians. The Truth and Reconciliation (TRC) Calls to Action have highlighted that we all have a responsibility for ensuring the health and well-being of all people in Canada. As the TRC Commissioners noted, we must learn how to practise reconciliation in our everyday lives—within ourselves and our families, and in our communities, governments, places of worship, schools and workplaces (TRC 2015:21). In organizing the Gathering, we wanted to ensure that the process aligned with the TRC Calls to Action. The Gathering is a community driven event focusing on health issues that were identified by Saskatchewan Indigenous peoples; highlights the successful work already happening within Saskatchewan Indigenous communities; and connects Indigenous communities with health researchers.

Over the next two days, we will work together and learn about the successes

and challenges that Indigenous and non-Indigenous peoples experience while working in health areas that urgently need to be addressed. The Gathering will showcase approaches to developing reciprocal, respectful, and authentic partnerships between communities and researchers. Members from different Indigenous groups shared with the planning committee the health topics that need to be addressed within their communities. The topics and speakers for the Gathering were chosen from this shared information. On the basis of those priorities the following topics were selected: mental wellbeing, access to services, living well with chronic conditions and promising approaches to wellness.

We humbly pay our respects to the Indigenous (First Nation, Métis, and Inuit) ancestors of this land and reaffirm our commitment to healthy relationships with one another. We hope the Gathering will provide an opportunity for you to reaffirm existing partnerships and to establish new relationships with one another. We wish to extend our gratitude to the many people who have contributed to making this event possible, the Elders for their guidance, Indigenous community members who shared their priorities, the planning committee, and our generous investors and to you as participants. In this spirit, we warmly welcome you to the Gathering for *miyo mahcihowin*.



Dr. Holly Graham
University of Saskatchewan,
College of Nursing



Dr. Jaris Swidrovich
University of Saskatchewan,
College of Pharmacy and Nutrition

Planning committee co-chairs

Program

Thursday, March 15, 2018

7–8:30 AM	REGISTRATION AND LIGHT BREAKFAST	
8:30 AM	Grand Entry	Saskatchewan ballroom A, B, C
9:45 AM	Plenary 1.0 Mental wellness <i>Dr. James Makokis</i>	Saskatchewan ballroom A, B, C
10:45 AM	MORNING NETWORKING BREAK	
11:15 AM	Plenary panel 2.0 Reciprocal research partnerships - perspectives on promising practices <i>Dr. Jacqueline Ottmann, Dr. Malcolm King, Dr. Vivian Ramsden and Norma Rabbitskin</i>	Saskatchewan ballroom A, B, C
12:30 PM	NETWORKING LUNCH	
1:30 PM	Concurrent 1.1 Patient-oriented research <i>Dr. Malcolm King</i>	Saskatchewan ballroom A
	Concurrent 1.2 Authentic engagement <i>Dr. Vivian Ramsden and Norma Rabbitskin</i>	Saskatchewan ballroom B
	Concurrent 1.3 Research partnerships with Indigenous communities <i>Dr. Caroline Tait</i>	Saskatchewan ballroom C
2:30 PM	Concurrent 2.1 Recovery from addiction <i>Dr. Peter Butt</i>	Saskatchewan ballroom A
	Concurrent 2.2 Research Relationships <i>Dr. Lalita Bharadwaj</i>	Saskatchewan ballroom B
	Concurrent 2.3 First Nations and Métis health service <i>Gabe Lafond</i>	Saskatchewan ballroom C
3:30 PM	AFTERNOON NETWORKING BREAK	
4 PM	Plenary 3.0 Healthy lifestyle and mindset <i>Michael Linklater</i>	Saskatchewan ballroom A, B, C
5 PM	FREE TIME	
7 PM	Round dance with featured speaker Michael Linklater <i>In partnership with Saskatchewan Indigenous Mentorship Network, the Think Indigenous conference, and the Saskatchewan Indigenous Cultural Centre (SICC)</i>	Manhattan ballroom SK Highway #5

Friday, March 16, 2018

7–8:30 AM REGISTRATION AND LIGHT BREAKFAST

8:30 AM Welcome back and reflections on yesterday Saskatchewan ballroom A, B, C

8:45 AM **Plenary 4.0 Promising approaches to wellness - partnerships to promote health and healing**
Dr. JoLee Sasakamoose Saskatchewan ballroom A, B, C

9:45 AM **Plenary panel 5.0 Access to medical care**
Dr. Veronica McKinney, Gabe Lafond, Dr. Alexandra King Saskatchewan ballroom A, B, C

11 AM MORNING NETWORKING BREAK

11:30 AM **Concurrent 3.1 Northern medical services**
Dr. Veronica McKinney Saskatchewan ballroom A

Concurrent 3.2 Community engaged research
Dr. Jacqueline Ottmann Saskatchewan ballroom B

Concurrent 3.3 Social determinants of health
Neal Kewistep Saskatchewan ballroom C

12:30 AM NETWORKING LUNCH

1:30 PM **Concurrent 4.1 A community leader's perspective on research relationships**
Duane Favel Saskatchewan ballroom A

Concurrent 4.2 Healing with culture
Elders Norman Fleury and Mary Lee Saskatchewan ballroom B

Concurrent 4.3 The role of research in improving Indigenous health outcomes
Dr. Alexandra King Saskatchewan ballroom C

2:30 PM AFTERNOON NETWORKING BREAK

3 PM **Plenary 6.0 Living well with chronic conditions**
Dr. Barry Lavallee Saskatchewan ballroom A, B, C

4 PM **Closing ceremony**



**“EDUCATION
IS THE KEY TO
RECONCILIATION—
AT ALL LEVELS.”**

Justice Murray Sinclair, Building Reconciliation forum, Nov. 18, 2015

miyo mahcihowin

(Meyoh Muh Jih Howin)

The planning committee for Gathering for miyo mahcihowin wishes to thank Randy Morin for providing a phonetic pronunciation for miyo mahcihowin to assist with the correct pronunciation.



ROBERT BADGER



NORMAN FLEURY



LOUISE HALFE



MARY LEE

The planning committee also thanks our Elders for their guidance and contributions

Speakers

THURSDAY, MARCH 15



DR. LALITA BHARADWAJ

Lalita Bharadwaj is committed to working with Indigenous people to co-create solutions to resolve the inequity in the provision of safe drinking water supplies in our country. Through strong partnerships with Indigenous communities her scholarly work in the area of Collaborative, Interdisciplinary Community-Engaged Scholarship, has provided learning opportunities for university and local students, facilitated interdisciplinary research collaborations and helped build research capacity at the local and university level. Dr. Bharadwaj leads the Safe Water for Health Research Team whose goals are to generate the critical knowledge necessary to inform evidence-based decisions about water policy to promote the health of Indigenous, rural and remote populations regionally and globally.



DR. PETER BUTT

Dr. Peter Butt is a graduate of McMaster University and a Certificant and Fellow with the College of Family Physicians of Canada. He is an Associate Professor in the Department of Family Medicine at the University of Saskatchewan in a position dedicated to Addiction Medicine, and serves as a consultant to Mental Health and Addictions in the Saskatoon Health Region. National committee work included the National Alcohol Strategy Advisory Committee, chair of the Canadian Alcohol Low Risk Drinking Guidelines Expert Advisory Group, co-chair of the Standard Drink Label Working Group and member of the National Recovery Advisory Committee for the Canadian Centre on Substance Abuse; and physician lead on the Alcohol Screening, Brief Intervention and Referral project for the College of Family Physicians of Canada. Provincially he is the physician lead on the Saskatchewan provincial "Take Home Naloxone" project, chairs the Opioid Advisory Committee for the College of Physicians and Surgeons of Saskatchewan and serves on the Health Canada – First Nation Prescription Drug Abuse Initiative.



GABE LAFOND

Gabe Lafond is Métis and was born and raised in Green Lake, Saskatchewan. Gabe was recently appointed as the Executive Director, First Nation and Métis Health within the Saskatchewan Health Authority. Previous, Gabe was Director for the Representative Workforce and First Nation and Métis Health for the Saskatoon Health Region for eight years.

Gabe's career spans diverse fields which include leadership positions in Métis Nation Governments, public and non-profit sectors. Gabe is actively involved in the community participating in various committees focused on improving the health and well-being of others and volunteers with organizations such as Saskatoon Aboriginal Employment Partnership and Saskatoon Chamber of Commerce Aboriginal Opportunities committee.

Gabe takes great pride in his accomplishments for Indigenous communities and organizations he represents. Currently he resides in Saskatoon with his wife and three children.



DR. MALCOLM KING

Dr. Malcolm King is a member of the Mississaugas of the New Credit First Nation. He completed a Ph.D. in polymer chemistry at McGill University in Montreal and fellowships at the Weizmann Institute of Science in Rehovot, Israel and the Meakins-Christie Laboratories at McGill University. He has held faculty positions at the University of Alberta, where he was an Alberta Heritage Foundation for Medical Research (AHFMR) Senior Scholar in the Pulmonary Medicine Division of the Department of Medicine. Recently, he had a faculty appointment at Simon Fraser University where he co-developed a course on Indigenous health in Canada, and supervised graduate students and other trainees in related endeavours. Dr. Malcolm King also served as Scientific Director of Canadian Institutes of Health Research's Institute of Aboriginal Peoples' Health. He was instrumental in leading CIHR in the development of a national health research agenda aimed at improving wellness and achieving health equity for First Nations Peoples, Métis and Inuit in Canada.



MICHAEL LINKLATER

Michael Linklater grew up in a community surrounded by substance abuse, yet he has been committed to abstaining from drugs and alcohol his whole life. Michael also knows how to 'Empower Youth' and encourage them to choose to 'Live Substance Free.'

As team captain, Michael led the U of S Huskie men's basketball team to its first and only CanWest Conference championship and CIS National Championship in 2010. After that season he played professionally in the International Basketball League.

Michael grew up in the inner city of Saskatoon and understands the importance of giving back. He has passionately shared his motivational story to thousands of youth and adults across Saskatchewan for the past sixteen years. He is the founder of Prime Basketball Development, sharing his wealth of knowledge with youth interested in advancing their abilities on the court. Michael is currently the recreation coordinator at the White Buffalo Youth Lodge, working with inner city youth from the community he grew up in. Michael is proud father who models a healthy lifestyle to his children and countless youth, by remaining drug and alcohol free.



DR. JAMES MAKOKIS

Dr. James Makokis is a proud Cree from the Saddle Lake First Nation in Northern Alberta. James received his Bachelor of Science (B.Sc.) in Nutrition and Food Sciences from University of Alberta, a Masters of Health Science (M.H.Sc.) in Community Nutrition from the University of Toronto and lastly a Doctorate in Medicine (M.D) from the University of Ottawa. Dr. James Makokis received certification from the Aboriginal Family Medicine Training Program, University of British Columbia.

As a proud member of the LGBTQ2S community, James has experienced the same bullying sexually and gender diverse youth continue to endure. With the support of his parents and community, he overcame these challenges to succeeded beyond society's expectations. James has maintained his faith in Indigenous values and culture throughout his struggles. It was through his connection to Cree ceremonies and the support of the Indigenous community that helped him overcome these adversities and reclaim his space as a member of the Two-spirit Q-mmunity.



DR. JACQUELINE OTTMANN

Dr. Jacqueline Ottmann is Anishinaabe (Saulteaux), former elementary and high school teacher and principal, now a scholar. While at the University of Calgary, she was coordinator of the First Nations, Métis, Inuit undergraduate teacher education program, and director of Indigenous Education Initiatives within the Werklund School of Education (WSE). She also co-chaired the WSE Indigenous Strategy and alongside the provost, the university-wide Indigenous strategy.

As of October 1, 2017, Jacqueline became Professor and Vice-Provost Indigenous Engagement at the University of Saskatchewan. Ottmann has been recognized as an international researcher, advocate, and change-maker whose purpose is to transform practices inclusive of Indigenous leadership, methodologies and pedagogies. Jacqueline is driven to create schools and communities that foster a deeper sense of belonging and appreciation for Indigenous peoples—their histories, stories, ways of knowing and being.

Speakers

THURSDAY, MARCH 15



NORMA RABBITSKIN

Norma Rabbitskin is a fluent Cree speaker from Big River First Nation, Saskatchewan. She is currently employed by Sturgeon Lake First Nation as the senior health nurse, overseeing primary care, community health and home care program. She volunteers as a Board member for Canadian Aboriginal AIDS Network and All Nations Hope Network (Regina). Her passion is being at service in developing community based programs that are strongly grounded in traditional healing practices, parenting skills, acquiring traditional life-skills, teachings from Elders /Knowledge keepers while maintaining the vitality of language in knowledge building and achieving wellness in one's life.



DR. CAROLINE TAIT

Dr. Caroline Tait is a medical anthropologist with particular research interests in Indigenous health and social justice and the challenges faced by women who are marginalized. She earned her MA at the University of California (Berkeley) and her PhD at McGill University. She has been a Fulbright Scholar and Visiting Fellow at Harvard, and she completed a postdoctoral fellowship at McGill. In 2004, she returned to her home province of Saskatchewan to join the Indigenous Peoples' Health Research Centre—a collaborative initiative involving the First Nations University of Canada, the University of Regina and the University of Saskatchewan. In 2012, Caroline became a member of Faculty at the Department of Psychiatry at the University of Saskatchewan.



DR. VIVIAN R RAMSDEN

Dr. Vivian R Ramsden, a registered nurse, is professor and director of the Research Division, Department of Academic Family Medicine at the University of Saskatchewan.

Her background spans both critical care in acute care settings and primary health care in urban, rural and Indigenous communities both in Canada and South India. Dr. Vivian R Ramsden is a passionate advocate of authentic engagement; thus, her research interests are in: participatory health research and evaluation; primary health care; patient-oriented research; and, prevention & management of chronic diseases.

She is an Honorary Member of the College of Family Physicians of Canada.

2018 SPRING ROUND DANCE

Thursday, March 15, 2018
7:00pm @ Manhattan Ballroom

(5 miles east of Saskatoon on Hwy 5)

MC's:

Donnie Speidel &
Eric Tootosis

Stickman:

Rocky Weenonis



For more info contact:

Melody Wood

Phone: (306) 244-1146

Email: melody.wood@sicc.sk.ca

Speakers

FRIDAY, MARCH 16



DUANE FAVEL

Duane Favel was born and raised in the historical Métis community of Ile-à-la-Crosse. He received his Bachelor of Education from the University of Saskatchewan and went on to teach for the Greater Saskatoon Catholic schools for 15 years. He has served as the Director of Research for the Northwest Saskatchewan Métis Council. He is fluent in both Cree and English and has knowledge of cross-cultural issues. He is very involved in community activities, with service in roles including Mayor of Ile-a-la-Crosse, a board member of the Health Services Utilization and Research Commission and a member of the Aboriginal Advisory Board with Saskatchewan Arts. His long term vision is to have safe, healthy, stable and sustainable communities in northern Saskatchewan.



ELDER NORMAN FLEURY

Norman Fleury is a proud Michif who was raised in St. Lazare, Manitoba. He has been greatly influenced by his mother, Flora Fleury (nee Leclerc), over her 108 year lifespan which gave her a long time to pass her language and cultural traditions, including storytelling, to her son. She was widowed and raised her nine children alone through small-scale farming and other harvesting activities that helped her provide for her family. A Michif language expert, Norman has provided many translations for the Gabriel Dumont Institute and other Michif language groups. He is currently a Special Lecturer for the College of Education, University of Saskatchewan.



NEAL KEWISTEP

Neal was the first First Nations graduate of the Johnson Shoyama Graduate School of Public Policy, Masters in Public Administration in 2011. He is also the first person of Indigenous ancestry to hold the office of the director in population and public health with the former Saskatoon Health Region.

Neal's leadership has led to increasing the infant and childhood immunization rates to close the gap between the most affluent neighbourhoods and the inner city neighbourhoods, and addressing safe housing issues in a new way within the scope of the Public Health Act. Thanks to this leadership, more has been done in the past five years than ever before to address inner city health disparities.

Neal is a leader in changing our health care culture through his work with cultural competency and was selected as one of Saskatchewan's Future 40 in 2017.



DR. ALEXANDRA KING

Alexandra King, MD, FRCPC, Nipissing First Nation (Ontario) is the inaugural Cameco Chair in Indigenous Health and Wellness, an innovative position concerned with both underlying health determinants, intersectionality and end manifestations. As an Internal Medicine Specialist, she is ideally positioned to undertake this challenge using a Two-eyed Seeing approach using both Indigenous and Western healing approaches. Her particular clinical focus on HIV/AIDS, hepatitis C (HCV) and HIV/HCV co-infections represents one critical health outcome consequent to colonialism; there are many others. She works in reconciliation, healing, wellness and holistic care—as determined by various levels, such as the individual, family, community and nation.



ELDER MARY LEE

Her English name is Mary Lee. She is from Chitek Lake First Nation, northern Saskatchewan. She has five children, three girls and two boys. Together those children have given her twenty-three grandchildren and four great grandchildren, two boys and two girls.

Her mother spoke only Cree. From a very early age, she instilled in her children the value of our culture and language. She had two daughters and five sons. All of them speak Cree and have gone to ceremonies like the Sun Dance and the Sweat Lodge since they were little children. She shared with them the teachings and meanings of these ceremonies. She also shared her teachings with women in the community, because she was given the gift of helping women in their journey to becoming mothers. In English, you would call her a midwife. Many of her teachings to Mary Lee were about the sacredness of motherhood and how to help women raise healthy children in the world. She retained these teachings because her life was not interrupted by residential school. So she was able to parent differently, with the knowledge that was given to her as a child. That is why Mary Lee says all of her teachings, everything she knows, came from her.

Everything Mary Lee's mother learned came from her grandmother, who raised her when both of her parents died. So she learned everything from two generations before her. She says she is fortunate; because of her great grandmother and mother, she can share the teachings that at one time were known to all Cree women, like the teepee teachings and teachings on the value of women. In honor of Cree women everywhere, she will share these teachings with you.



DR. BARRY LAVALLEE

Dr. Barry Lavallee is a member of Manitoba First Nation and Métis communities, and is a University of Manitoba trained family physician specializing in Indigenous health and northern practice. His clinical work has focused on the health and healing needs of First Nation and Métis communities. He has a Masters of Clinical Sciences from the University of Western Ontario. His research and clinical areas are chronic diseases, transgenerational trauma, impact of colonization on Indigenous communities and international Indigenous health. He is the Director of Student Support and Education for the Centre for Aboriginal Health Education, University of Manitoba and Indigenous Health UGME Curriculum Lead for the University of Manitoba.



DR. JOLEE SASAKAMOOSE

Dr. Jolee Sasakamoose is an Anishinabe (Ojibwe) from M'Chigeeng First Nation in Ontario. She is an Assistant Professor in Educational Psychology and Counselling at the University of Regina. She serves as the founding Director of the Health Advocacy and Research Training program that works in partnership with the Fred Sasakamoose Indigenous Youth Leadership and Wellness Program. She serves as research affiliate with the Indigenous Peoples Health Research Centre and as a methodologist with the Saskatchewan Centre for Patient Oriented Research.

She utilizes community and participatory-based research approaches with First Nation communities and peoples. From a strengths-based, trauma informed decolonizing lens, her research engages Indigenous peoples in defining health and healthy communities; explores the intergenerational effects of historical trauma and traditional healing methods as protective factors with Indigenous peoples; utilizes neurodecolonization, contemplative mind body practices and Sítoskâkewin® expressive therapies in the promotion of health and wellbeing.

DR. VERONICA MCKINNEY

Veronica McKinney, MD, CCFP is a Cree/Métis woman from Saskatoon, Saskatchewan. Veronica has over 25 years' experience working in health care in several Aboriginal communities across Canada. Dr. McKinney was the site director for the Aboriginal Residency Program, University of British Columbia, and is currently, the Director of Northern Medical Services, a division of the College of Medicine, University of Saskatchewan. Dr. McKinney is a sought after speaker because of her knowledge, experience and passion for Aboriginal Health. She believes strongly in her traditional cultural teachings and is a strong advocate for Aboriginal people's health, having witnessed and experienced the inequities firsthand.



Gathering for *miyo mahcihowin*

Planning committee

ELDERS

Robert Badger
Norman Fleury
Louise Halfe

COMMITTEE CO-CHAIRS

Dr. Holly Graham
University of Saskatchewan,
College of Nursing

Dr. Jaris Swidrovich
University of Saskatchewan,
College of Pharmacy and Nutrition

If you wish to contact the
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committee please email
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Susan Murphy, University Library
Allison Piche, Saskatchewan Indigenous Mentorship Network
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PLANNING PARTNERS

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University of Saskatchewan Health Science Colleges
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University of Saskatchewan Think Indigenous Conference organizer, Chris Scribe

Thank-you to our generous investors

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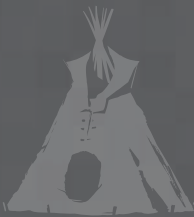


BRONZE INVESTORS



U of S Indigenous symbols

The marketing and communications team, in collaboration with Indigenous leaders, Elders and other campus stakeholders, have identified the following Indigenous symbols to represent Indigenous cultures from across Saskatchewan.



Tipi

The tipi is a dwelling for First Nations people. Being nomadic people and always on the move, the tipi was designed for easy transport. Secure, mobile and providing shelter, the tipi symbolized the Good Mother sheltering and protecting her children.



Hide With Willow Hoop

All First Nations believe that their values and traditions are gifts from the Creator, including the land, plants and animals. Hides are believed to be offered by the animal as the Creator wished and, therefore, as the animal died the hunter would thank the animal for its offering.



Inukshuk

An extension of an inuk (a human being), the inukshuk were left as messages fixed in time and space. They may represent personal notes or a grief marking where a loved one perished. They act as markers to indicate people who knew how to survive on the land living in a traditional way.



Rainbow

The rainbow is a sign of the great mystery, the Creator's grace reminding all to respect, love and live in harmony. Rainbow colours are seen as stages in life and they follow individual belief systems of various First Nations.



Eagle Feather

The eagle feather is a symbol of truth, power and freedom. The dark and light colours represent balance. It is a very high honour to receive an eagle feather, and usually marks a milestone. When one holds the eagle feather, one must speak the truth in a positive way, showing respect at all times.



Métis Sash

The sash is a symbol of present-day Métis identity but had many uses in the early days, often functioning as a rope or a belt. The infinity sign (∞) on the sash symbolizes two cultures together and the continuity of the Métis culture. The sash uses traditional woven patterns and colours to represent their individual communities.



Buffalo

The buffalo symbolizes subsistence, strength and the ability to survive. The buffalo is a spiritual animal as it provided many things such as food, clothing, shelter and tools.



Drum

Traditionally given to men for ceremony and prayer, the drum is the heartbeat of the Earth, and feeds our spirit. The drum has the spirit of the deer and the tree that were offered as a gift from the Creator for the drum, and it guides people home.



Medicine Wheel

The medicine wheel contains four quadrants of life each representing a certain aspect of holistic make-up: intellectual, spiritual, physical and emotional self. The four colours represent the four directions: red, yellow, white and blue (or black, green or darker colours depending on the Aboriginal group). Four is a very significant number in Aboriginal culture.



Turtle

Symbolizing Mother Earth, the turtle is depicted with 13 inner markings, each representing a cycle of the Earth around the sun. There are 28 smaller outer markings of the shell representing the days of each cycle.



Red River Cart

The primary means of travel and transportation of goods for Métis people, the Red River cart has become synonymous with the Métis.



Star/Star Blanket

The star symbol on star blankets ends with eight outer points to represent one's travels from grandmother, to daughter/son and then to grandchild and to Mother Earth. Eight diamond quilted shapes form the centre and pieces are added to each row to increase the size of the star pattern.