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Tea & Bannock Newsletter

LE TEA EKWA LA GALET ACIMOWIN

Honouring Community Members



Lawrence Morin on a recent walk through the bush near Île-à-la-Crosse.

Lawrence Morin

Île-à-la-Crosse Elder and resident Lawrence Morin, 68, has worked with the Waskiwiy-tan! Team throughout the past number of years.

He grew up in Île-à-la-Crosse, the same community where he would eventually raise a family and work as a firefighter.

When reflecting on his childhood, his most vivid memories revolve around fishing, trapping and hunting trips with his father.

Lawrence recalls a particular fishing trip with his dad. While in the boat on the lake, the pair saved an eagle that was being pulled under the water by a large fish.

Lawrence noted that his father had a strong influence on him.

His experiences with his dad, and being outdoors, has resulted in important lessons about the available resources in nature.

To this day, he loves the freedom of being out in the bush.

Lawrence currently spends time with his wife, grandchildren, brothers and friends. He encourages young people in the community to remember their culture by continuing to learn, practice Métis jigging and fiddle playing.

Thank you, Lawrence, for your contributions to this project and all that you do for the Île-à-la-Crosse community.

Shayna Burnouf

Shayna Burnouf, 19, has lived in Île-à-la-Crosse for more than half of her life. She moved to the community when she was eight years old.

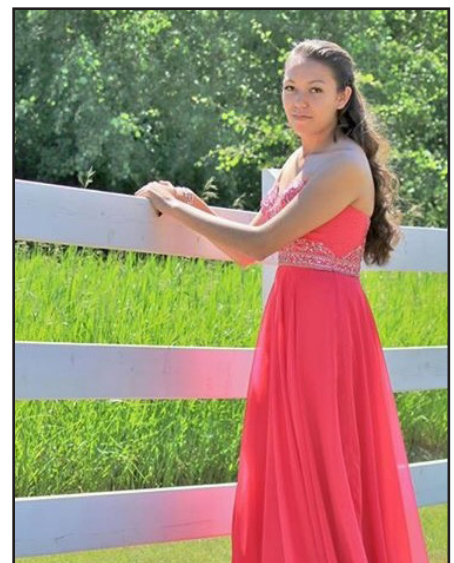
Shayna loves the lake that surrounds Île-à-la-Crosse and what it provides for the community. People can use the lake to fish year-round, snowmobiling in winter, and swimming in summer.

She recalls learning how to ice fish, filet and prepare fish from

Elders when they visited her school.

Shayna is currently in her second-year of university in Île-à-la-Crosse. She aims to achieve two degrees in her areas of interest – nursing and Indigenous studies.

She enjoys spending time with her Great-Grandpa who speaks Michif and a little English. The person who has the biggest influence on Shayna's life, is her Kokum, Adelaide Bouvier. Bouvier is fun to be around, always happy, and always there when needed, Shayna says.



What is Wuskiwiw-Tan!

(“Let’s Move!”)

We are working with Métis older adults in Île-à-la-Crosse to understand their perspectives and experience of aging well.

What is Tah-Nigahniwhak!

(“They will be leaders!”)

Ta-Nigahniwhak focuses on the Métis youth experiences of growing up and living in Île-à-la-Crosse

Our Team

As we continue our research projects in Île-à-la-Crosse, we will introduce members of our team, including investigators, coordinators, and research students. If you see us, introduce yourself so we can get to know one another!



Pictured: Community researchers TJ Roy (far left), Liz Durocher (far right), and university researchers Sylvia Abonyi (middle left), Sarah Oosman (middle right).

Meet Boabang Owusu



Boabang Owusu, left, poses with TJ Roy, during a recent trip to Île-à-la-Crosse. Starting in November, Boabang will be studying how Métis older adults use strategies and actions to age well in their community.

Boabang “Iceman” Owusu has been visiting the Île-à-la-Crosse community since June 2015. Originally from Ghana, Boabang now lives in Saskatoon.

Elders gave Boabang the nickname “Iceman” after his first experience travelling across the ice road leading into the community. While he was nervous during that first trip, he looks forward to his next raod experience.

He will be in Île-à-la-Crosse in November 2017 to begin his PhD work with the community.

Boabang is looking to learn more about how Métis older adults are connected to the land; the strategies and actions older adults use to age well and to improve their environment in order to promote healthy aging.

Boabang’s project is part of the larger study, “Wuskiwiw-Tan! (Let’s Move!).”

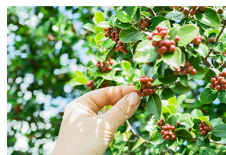
Words of the Season

Takwahkin



Fall

Mosowin



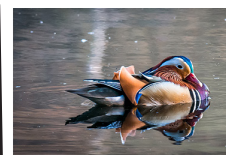
Picking Berries

Mâcî



Hunting

Sîsîp sipî



Duck Hunting

Meet Emily and Cayenne

Physical therapy students Emily Stewart and Cayenne Derksen had the opportunity to spend time in Île-à-la-Crosse in October.

While in the community, the duo had the opportunity to speak on the radio, participate in Women’s Night, make friends at Zumba, learn to jig, make bannock, and work with different community organizers.

The pair learned the power of teamwork while in Île-à-la-Crosse. Emily and Cayenne realized that when different community organizations and people work together, it strengthens the community, and the people who



Cayenne Derksen and Emily Stewart spent one of their physical therapy placements in Île-à-la-Crosse in October.

are part of it.

“We want to thank the community for your hospitality and making us feel welcome.”