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Tea & Bannock Newsletter

# LE TEA EKWA LA GALET ACIMOWIN

## Honouring Community Members

### Eliza Aubichon

We would like to recognize and honor Île-à-la-Crosse Elder and resident, Eliza Aubichon.

Eliza, 84, was born in Île-à-la-Crosse and has lived in this community most of her life.

Growing up in the “bush,” she helped her family with berry picking, gardening and fishing, sometimes duck hunting, with a net. She learned how to prepare food from the land and to use it for other purposes, such as creating mittens.



Elder Eliza Aubichon, left, loves knitting and beading, while having her grandchildren and great-grandchildren close by.

Since she was a young child, Eliza has spent much of her life helping other people. She only knew how to speak Cree until she spent several years

in boarding school. Eliza was known as someone who would ‘speak for the people,’ as she interpreted for those who didn’t speak English.

She raised 9 children, 4 of whom still live in Île-à-la-Crosse. She loves having children around the house. To this day, she can often be found knitting a pair of socks or beading moccasins in her living room, with her grandchildren and great-grandchildren close by.

We want to acknowledge Eliza for all of the things she has given to the community and for her participation in our Wuskiwiytan! project. She continues to teach and help many of us.

### Michael Knight

Île-à-la-Crosse has helped Michael Knight to become the man he is today.

Michael, 27, has lived in Île-à-la-Crosse since he was 4 years old.

Michael was born with an arm disability. While it has been challenging at times, Michael remains positive, independent, and grateful for what he has in his life. He attributes these traits to three important figures in

his life -- his parents, and his friend, Andre.

Michael enjoys going for walks in nature, fishing, and other outdoor activities with his father and friends.

He is a passionate gamer. Michael runs his own YouTube channel, EliteKhaos310, to show his skills.

Michael hopes to empower other people with disabilities who have a passion for gaming.

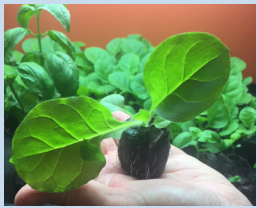


Michael Knight is a passionate gamer who credits his community with having shaped who he is today.

Michael is considering upon graduating with his pursuing gaming or GED in May 2019. engineering as a career

## Iceman's Update

In February, Boabang "Iceman" Owusu began his PhD work in Île-à-la-Crosse. Boabang interviewed older adults to hear their stories and connections to the land and healthy aging. He will visit Île-à-la-Crosse again in April, May, and June to learn more.



### Growing tobacco plants!

We have started growing the tobacco plants for our work with community Elders. We will have enough to share with people in the community. Sarah will be bringing some plants up to Île-à-la-Crosse in May!

### Team Update

Hello from Sarah and Sylvia! We will be back in Île-à-la-Crosse soon. We will be visiting the community from April 18-20, May 9-11, and June 6-8. We look forward to seeing as many people as we can!



From left: TJ Roy, Sylvia Abonyi, Sarah Oosman, and Liz Durocher.

## Recognition Award for Youth

Congratulations to the Engaging Young Leaders Île-à-la-Crosse Youth Group for their gardening project and their involvement in the STOPS program!

The group's dedication and hard work toward making a difference in their community by building raised gardening boxes and delivering them to Elders and older adults in the community was not overlooked.

The group received a Prairie Foundation of Saskatchewan Award that goes to youth who are engaged in the community through various



The Île-à-la-Crosse youth group has been working hard to make a difference, starting with gardening boxes.

projects and community work.

The youth group will continue to be hard at work with other community engaged projects in the coming weeks and months.



### Silver Medalists

Congratulations to the Rossignol Huskies Girls Volleyball team on being provincial silver medalists in the SHSAA 2A Division! The Île-à-la-Crosse community is proud of the team's effort on the court.

## Michif Words of the Season

Takayaw



Cold

Koona



Snow

Muskomie



Ice

Kwaskweptsikew



Fishing

## Meet Liris Smith



Liris Smith will be visiting Île-à-la-Crosse as part of the Wuskiwiw-Tan! study.

Liris Smith first visited Île-à-la-Crosse in May 2016. Originally from Saskatoon, Liris has lived in the Yukon territory for 27 years.

Liris feels at home in the north. She now divides her time between Yukon and Saskatchewan as she works on her PhD in Health Science.

She will be visiting the Île-à-la-Crosse frequently starting summer 2018.

Liris hopes to visit with older adults and learn about their experience with physical activity in their lifetime.