

Volume 1, Issue 3  
Summer 2018

Tea & Bannock Newsletter

LE TEA EKWA LA GALET ACIMOWIN

## Honouring Community Members

### Elders Jim and Marie Favel

Elders Jim and Marie Favel have lived most of their lives in and around Île-à-la-Crosse.

Jim and Marie have had many roles over the years, including contributing to the well-being of Métis people in Saskatchewan, fighting for Métis rights, and supporting cultural activities.

Jim has been involved in Métis politics as a senator of the Métis Nation of Saskatchewan (MN-S). In 2015, he received the President's Recognition Award. He was also part of various boards in the community of Île-à-la-Crosse, including as Elder with the Friendship Centre.

Marie has been a teacher, a religious educator, a community health worker, and an advocate for Métis control of education and governance.

Marie recognized that she has moved through



Elders Jim and Marie Favel have dedicated much of their time representing Métis people and giving back to the community of Île-à-la-Crosse.

the medicine wheel through different parts of her life.

“My pursuit of more education and experience has taken me through all four quadrants – as a teacher (mental & emotional), as a religious educator and sweat leader (spiritual), and in community health education (physical),” Marie said. “And having searched the wheel, I found the last piece in health education. This is where I feel I can make the most contribution to

the health and healing of my community.”

The pair are rich in their family. After they were married in 1958, Marie and Jim went on to have eight children, and a number of grandchildren.

Their son, Dwayne, followed in his parents' political footsteps by becoming the current mayor of Île-à-la-Crosse.

Marie and Jim recognize their source of strength comes from each other and the people around them.

Together, Jim and Marie

are dealing with health challenges that come with aging. They continue to make tremendous contributions to the well-being of their community and people.

“Today, I am still involved in many things that are about sharing my life experiences, about helping our youth stay in school, about helping our young people parent well and drawing on the old ways, and about dealing with the hurt that is still there in our youth,” Marie said.



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

### Team Update

Hello from Sarah and Sylvia! We will be back in Île-à-la-Crosse soon – actually South Bay!

We are excited to be there for a Culture Camp organized by Liz Durocher and TJ Roy from July 12-14.

Camp will be set up on July 12, with one-and-a-half days of activities, food, and fun from July 13 until noon on July 14.

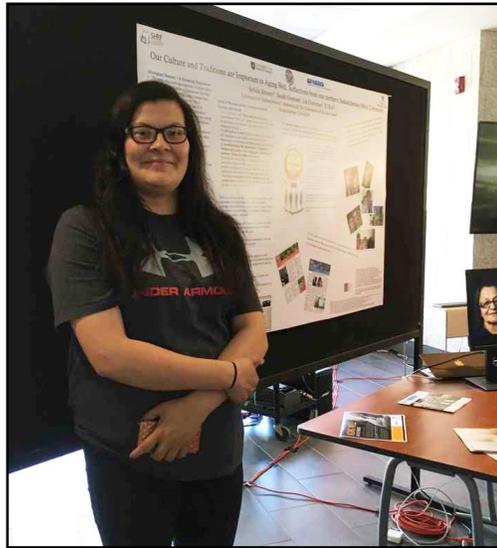
Participation is free! Please camp with us or drop by!

In August, we will be sharing a poster about this project with others from the northern part of the world at the 17th International Congress on Circumpolar Health in Copenhagen, Denmark.

In the Fall months, we will be in Île-à-la-Crosse several times as we continue our work with the Seniors and Youth, gathering stories and information about diet, physical activity, and quality of life.

Meanwhile, we wish you a wonderful summer with family and friends!

## Meet Martina Desjarlais



Martina Desjarlais is currently working and raising her daughter in Île-à-la-Crosse – the same community where she grew up.

Martina Desjarlais, 23, comes from a close-knit Michif family.

She grew up in Île-à-la-Crosse as the middle child of three. She has one married brother who is two years older, and a younger brother who has a new baby.

Martina is the mother of a beautiful three-year-old daughter. She enjoys frequent trips on the land with her parents and daughter, and spending time with aunts and uncles at their trapper's cabins.

She has graduated and works part-time at Yewr Way. She plans to go back to school in the future. Martina loves being involved in the community and helping wherever she can.

## Michif Words of the Season

Nipin



Summer

Kapisowin



Camping

Kimowan



Rain

Pisim



Sun

## Team presents at “Aging Well On the Prairies” conversation

On May 28, 2018, members of the Wuskiwiy-tan/Tah-Niganiwhak team presented a poster at a national meeting at the University of Regina.

The poster, together with a short video, highlights the research on aging well that has been happening in Île-à-la-Crosse over the past few years.

Liz Durocher and TJ Roy were joined by Kirsten Maurice, Michael Knight, and Martina Desjarlais from Île-à-la-Crosse, as well as Sarah Oosman and Sylvia Abonyi from Saskatoon.

The team's presentation was one of five studies presented by Saskatchewan researchers about aging well in rural and northern communities. People from rural communities, the Saskatchewan government, and organizations such as the Alzheimer's Society spoke with the team. They were very interested to



From left: Michael Knight, TJ Roy, Liz Durocher, Martina Desjarlais, and Kirsten Maurice.

hear more about what we are learning in Île-à-la-Crosse, particularly the importance this community places on bringing youth and seniors together for the well-being of both.

A special thanks to Martina, Michael, and Kirsten, who spent lots of time answering questions and telling visitors about this work.