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Tea & Bannock Newsletter

LE TEA EKWA LA GALET ACIMOWIN

Honouring Community Members

Therese and Marcel Laliberte

Therese and Marcel Laliberte are deeply involved in Île-à-la-Crosse community life. Born and raised in the area, they spent their childhood years across the lake at Beaver River. They are traditional people who lived off the land for many years. Together they raised ten children; 7 girls and 3 boys, and also help with their many grandchildren and great grandchildren.



Marcel and Therese lived in Fort Qu'Appelle in the early 1970's while Marcel worked there on a government farm. Back in Île-à-la-Crosse Marcel worked their farm, while Therese worked at the old hospital. Their home is always a busy place

with family and friends dropping by and the phone ringing. Marcel helps with community funeral services, and Therese is much in demand for her bannock, as well as cakes and stews; catering to community events, and private family

gatherings. On the side she gathers recycling to take to Meadow Lake and, when time permits, is also busy beading and knitting. Be sure to go past their home in December to take in their Christmas light display!

Kirsten Maurice



Kirsten was born and grew up in Île-à-la-Crosse. She especially enjoyed playing sports in school, and fondly remembers playing lots of hockey. Kirsten fondly recalls spending lots of time with her grandparents when she was a child. She is the proud mother of two beautiful children; a 5 year old daughter and a 2 year old son. Kirsten continues to learn about and grow with her Métis culture and language and she is happy to be passing this knowledge to her children. She and her children begin each morning with a smudge. Kirsten has been an active participant in the in Île-à-la-Crosse

STOPS to Violence Program, and has travelled to Regina and Saskatoon to present her experience of the program at conference and workshops.

Thank you

Jamie and Taisha would like to thank the community of Île-à-la-Crosse for their generosity and hospitality. We felt welcomed into many of the community events and programming where we learned a lot about ourselves and the Métis culture. We hope to apply what we have learned into our healthcare profession of physical therapy.





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

Team Update

Hello from Sarah and Sylvia! We had a wonderful time in South Bay at a camp organized by Liz Durocher and TJ Roy. We spent time with Elders and Youth from July 12-14, sharing meals and laughs, hearing stories, participating in sweats, and learning about drying fish, healing plants around South Bay, and beading. We enjoyed meeting everyone who came out to visit or camp with us. In August, we traveled to Copenhagen, Denmark to meet with other researchers, health professionals, and community members working supporting better health for peoples living in the Circumpolar North. Many were interested to hear about our work with Île-à-la-Crosse and we have made new connections with people from Greenland who were very interested in all of the initiatives happening here. We love our time in Île-à-la-Crosse. So far, we have visits planned in January, March, and May as we continue our work with you. Meanwhile, we wish you a wonderful Christmas with family and friends and send our best wishes for 2019.

Meet Christine Nisbit

Hello! My name is Christine. You may have seen me around town in the last while helping with the Wuskiwiy-tan project. I am a registered dietician and have a Masters of Science in Nutrition. I currently work at the University of Saskatchewan as a researcher in the College of Pharmacy and Nutrition. Thanks for welcoming me into your homes for visits and participating in the food and physical activity parts of the aging well in Île-à-la-Crosse research. I look forward to seeing you in future visits and meeting more people. answering questions and telling visitors about this work.



Students

Ph.D Student Liris Smith

Tansi. I have enjoyed my 2 trips to Île-à-la-Crosse in early October and early November. I have interviewed 12 older adults (55 and over) about their lifelong experience with physical activity. I am looking forward to coming back in January to follow-up with the older adults, and

interview some community service providers. I also want to try a ski on the lake, so I hope for good weather. Thank you to everyone in Île-à-la-Crosse who have been so welcoming and generous with their time. My new word for exercise: Sesawiwin!



I enjoyed my November trip to Île-à-la-Crosse, where I caught up with some of the people who have shared with me their stories and experiences

Ph.D Student Boabang “Iceman” Owusu

on the land. I have learned from you that Métis older adults from here have important attachments to the land in this area that go far beyond the boundaries of the community. Being on or near these lands is important to physical, mental, social, and spiritual health and wellbeing and aging well. While people also shared some of the negative changes to the land and challenges in accessing important plants and animals, things like cultural camps, community gardening, and food sharing among community members are beginning to address some challenges to aging well.



Michif Words of the Season

Pipon	tahkâyâw	kôna	i'skidô
			
Winter	Cold	Snow	Snowmobile