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Tea & Bannock Newsletter

# LE TEA EKWA LA GALET ACIMOWIN

## Honouring Community Members

### Addy Bouvier



*Addy and Neavah Burnovf (granddaughter) at a project coffee house in Île-à-la-Crosse.*

We would like to recognize and honour Île-à-la-Crosse community member and retired teacher, Addy Bouvier. Addy, 65, was born and raised in Île-à-la-Crosse, and has 6 children;

2 boys and 4 girls. Addy also has 2 grandchildren who live in Meadow Lake. Addy earned a degree in Education (BEd) from the University of Saskatchewan, taking courses through the summer months to complete her studies. She taught in Île-à-la-Crosse for 31 years! Since her retirement 4 years ago, she has been volunteering at the Elder Lodge doing activities such as making rugs, baking, painting, and making meals for others. Although retired, Addy still keeps active in the school by working as a substitute teacher, speaking at the elementary school on every Monday, and teaching others traditional singing. She exercises daily, and spends her free time making sure that she keeps her mind and body active. She is thankful for the Elder Lodge in the community that helps her stay active and connected. Addy's advice to the young people of Île-à-la-Crosse is, "don't give up". Although life may be tough at times, it is important to take steps forward in achieving your goals! If anyone finds themselves struggling, she believes that you can ask anyone in the community for help, and they will be there to offer a hand.

Thank you, Addy!

## Celebrating Our Île-à-la-Crosse Youth at the University of Saskatchewan

Did you know that the number of Île-à-la-Crosse community members attending the University of Saskatchewan, and other post-secondary training opportunities in Saskatoon, is at a record high this year? Our research team recently hosted a pizza lunch with Île-à-la-Crosse youth attending the University of Saskatchewan. At least nine of twelve students were able to join us, even though they are all very busy right now with classes and other activities. Liz Durocher, TJ Roy, and Allan Morin welcomed everyone who could come, and opened a terrific conversation about the importance of seeing Métis

culture and language reflected in the activities of the University. Students shared about their experiences in their first few months of university, and their goals for the future. Here is some of the advice they had for each other and others from home who may soon join them in post-secondary studies:

"Don't procrastinate! Start studying right away!"

"Don't even wait a week to stay on top of things, otherwise it piles up really fast..."

"Always ask questions..."  
Allan, TJ, and Liz closed the lunch with words of support and encouragement



letting everyone know that there are many people from home who are proud of them, and wish for everyone to achieve their dreams. We hope to connect with more Île-à-la-Crosse students studying in Saskatoon in the coming months. Congratulations and keep up the great work!

## 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!")

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

## Team Update

Sylvia, Sarah, and Christine were in Île-à-la-Crosse September 11th -13th. On our drive we saw lots of wildlife, maybe the most ever for us! We continued our Wuskiwiw-tan work with 11 participants in the diet and physical activity parts of the study. We also had wonderful visits with people. Liz, TJ, and Nora followed up with participants in October. Thanks so much to everyone for sharing your time with us. We are very much looking forward to our next visit.



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

## Greetings from Boabang "Iceman" Owusu



Tansi. A brief update from your friend, Boabang. I wanted to

let you all know that I am listening to all of the interviews and stories you shared with me to help me answer my Ph.D. research questions. As I listen I think fondly of the few weeks I spent in Île-à-la-Crosse... you were all so kind to me. I shared some of my work at a Geography

conference in Winnipeg in the spring and many people across Canada were really interested in learning how the land supports Métis adults to be well and to age well. I was able to visit Île-à-la-Crosse last May and I plan to visit again soon to share my results with you. Eksoi maka!

## Thanks from Nigel and Graeme

Tansi! We would like to extend our thanks to the entire community of Île-à-la-Crosse for hosting us as part of our training to become physical therapists! We are so grateful to have been accepted into the community and will never forget our experience. We want to give special thanks to TJ Roy and Liz Durocher, Vince Ahenakew, Mike Roy, Robert Merasty and so many others that helped us to be active in the community, and participate in many of the social activities that this wonderful place has to offer. We hope to be back soon!



## Words of the Season

Pipon



Winter

Takwakin



Fall

Kona



Snow

Soskwataha



Skating

## Île-à-la-Crosse members meet with health researchers in Saskatoon!

In early October, Île-à-la-Crosse community members (including the Mayor and several Village Councilors) met with some of the University of Saskatchewan health researchers doing work with the community, to hear updates and begin discussion on future work. We talked about our work with the Elders and youth on aging well, and shared some photographs and newsletters from our work with you. We are planning a similar update in Île-à-la-Crosse in the New Year to showcase Métis community experiences and

aspirations for aging well in Île-à-la-Crosse. Thank you to everyone who has been working with us. We have learned so much, and have also heard about how much more there is to do. We are excited to plan what's next with you!

