

29th Annual Great Lakes POW WOW GUIDE



Jane Jawn



Photo by Laura Barrios.

KOGANAAWSAWIN MOVING FORWARD

as a not-for-profit corporation.

Koganaawsawin, the central coordinating body of the Anishinabek Child, Youth, and Family Well-Being System, has received direction from Anishinabek First Nations to move forward with the Anishinabek Nation Child Well-Being Working Group's recommendation to incorporate Koganaawsawin as a not-for-profit corporation.

Anishinabek First Nations can choose to enact the *Anishinabek Nation Child Well-Being Law* at any time. Koganaawsawin will continue to meet with, and support, all 39 Nations in the area of child, youth and family well-being!

 koganaawsawin@anishinabek.ca

OFFICE OF THE CHILDREN'S COMMISSIONER

ABINOOJINYAN ONJI E-BIMIUKANG

Appointed at the Anishinabek Fall Assembly in 2019, Anishinabek Nation Children's Commissioner Duke Peltier is an independent voice for Anishinabek children and youth, advocating for their best interest(s), rights and well-being.

“Through the Anishinabek Nation Child, Youth, and Family Well-Being System, Anishinabek First Nations will develop and deliver the programs and services they determine are needed to support the well-being of Anishinabe children, youth, and families.”

-Duke Peltier, Anishinabek Nation Children's Commissioner

Questions? Want to learn more about the Office of the Children's Commissioner?
In need of advocacy or support? Contact:

Kailee Dupuis, Children's Commissioner Liaison  kailee.dupuis@anishinabek.ca



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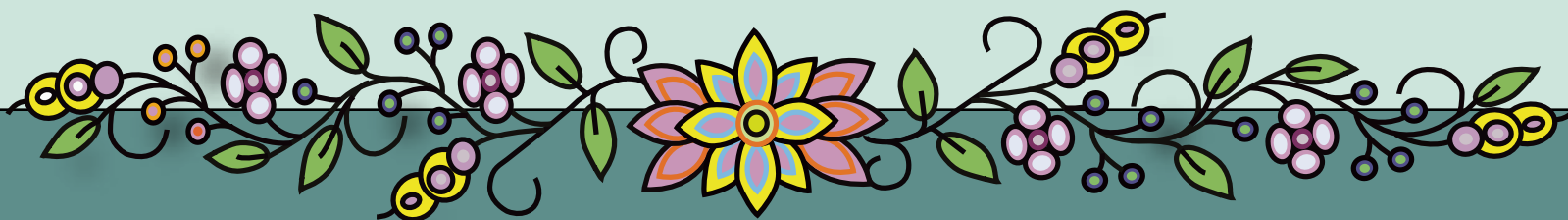
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- Native Community Worker
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Nipissing campus, Jazmine Glass at jazmine.glass@anishinabek.ca

Muncey-Delaware campus, Andrea Noah at andrea.noah@anishinabek.ca



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Message from Grand Council Chief

Aaniin, boozhoo, kina weya!

Welcome to the 2023 Great Lakes Pow Wow Guide! We are excited to once again share in this informative guide to promote and celebrate the upcoming pow wow season across the Anishinabek Nation.

It's been a fulfilling experience to see the reconvening of these celebratory gatherings within our communities over the course of the last year. I was privileged to attend some local pow wows, including in my home community of Mississauga. It was a joyous experience to be in the presence of community members in this meaningful way again – feelings of pride and unity reverberated through the grounds and our hearts.

Pow wows evoke a sense of togetherness and fulfills aspects of our spiritual wellness and responsibilities as Anishinaabe peoples. The songs that we have sung for generations, ceremonies and protocols, are an important

pillar of our nationhood. These gatherings bring our communities, relations, and people from across other nations, together in a good way. We dance with each other, for each other, and for our ancestors.

Pow wows are also a way for us to pay tribute to one another. Oftentimes, we have honour songs and blanket dances to acknowledge those going through hardships or loss. They may also be provided to assist community members who may be pursuing opportunities or who have achieved something momentous and celebratory. We also honour our ancestors and loved ones who have made their journey to the Spirit World. These forms of recognition and generosity are core to our beliefs and way of life.

There is so much beauty to behold when we get together at pow wows. The way we put on our best outfits, to show off the work, time, and commitment that has gone into our handmade



regalia. You can see the intention in the way we style our hair, the ceremonious braids, and careful placement of Eagle Feathers. The love that goes into the feast food can actually be tasted and you can feel the gratitude from our ancestors when we

put out our offerings. Pow wows are beautiful, uplifting, and fill our spirit with love and enlightenment.

We encourage everyone to take an opportunity to attend at least one community pow wow this year if possible. We have all gone through challenging times over the last few years and there is still a lot of grief blanketing our communities. We must remember to hold space for one another in ceremony and celebration and that's exactly what pow wows are for. We hope to see you on the trails this summer!

Miigwetch,

Reg Niganobe
Anishinabek Nation Grand
Council Chief

Anishinabek Nation 7th Generation Charity



The Anishinabek Nation 7th Generation Charity (AN7GC) is a self-sufficient charity relying fully on the success of its fundraising initiatives in order to support its Mission and Vision.

The AN7GC is committed to improving the quality of life of Anishinabek citizens by providing financial support, where no other funding exists, in the areas of Education, Health, Youth, Culture, Social, Elders, Emergency Crisis and Disaster Relief.

Our Mission

As the official charitable fundraising arm of the Anishinabek Nation, the Anishinabek Nation 7th Generation Charity is committed to improving the quality of life of Anishinabek Nation citizens by providing support where no other funding exists.

Our Vision

The Anishinabek Nation 7th Generation Charity will help create educated, healthy, and culturally enriched citizens that will continue to grow a stable, strong, and prosperous Anishinabek Nation.

1 Migizii Miiikan, P.O. Box 711, North Bay, ON P1B 8J8
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Chi-Miigwetch to our generous partners!



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Drawing upon something that inspires you

By Marci Becking

I can't draw. Or paint. Or craft. I'm just not artistic. My son is artistically gifted. It must be one of those skip-a-generation types of trait. I can write; however, I have to be inspired to write.

Words come to me from quiet and clarity and not from clutter and distraction. I am inspired by those around me.

Recently, I had the opportunity to listen to the Anishinabek Nation E'Dbendaagzjig (Those who Belong) Commissioner Jeannette Corbiere Lavell (Keewednaunung) talk about citizenship. I am always a fangirl around her due to her courageous battle that began over 50 years ago that brought impactful change to the discriminatory *Indian Act*. I am inspired by her determination for the implementation of the one-parent rule when it comes to who Anishinaabe are.

When working with Don Chretien on the new Ngo Dwe Waangizid Anishinaabe (One Anishinaabe Family) Colouring Book, he told me in our initial call about it that some ideas would come to him in dreams. Ngo Dwe Waangizid Anishinaabe is the Preamble to the Anishinabek Nation Chi-

Naaknigwein (constitution). The Preamble isn't a prayer, but rather sets out the values that Anishinaabe should be living by.

The late Water Warrior Josephine-baa who walked around the Great Lakes more than once continues to be an inspiration to many who are bringing awareness to water pollution and environmental degradation. Water is the lifeblood of Mother Earth and we have a responsibility to care for it.

I am inspired by e-mails, direct messages, and tweets from teachers who feel confident with teaching treaty education in the classroom. A large number of our children attend off-reserve schools so it's important for us to ensure that teachers of mainstream schools are getting the support they need to provide the education our children need.

Those amazing Anishinaabe who make their regalia are inspiring. The creativity, skill, artistry, and hard work are evident when you see the beadwork, sewing, or headdresses. There is a lot of talent on the pow wow trail.

I am also inspired by those who courageously share their stories on our social media

platforms of hardship, yet how they found hope and strength to press forward in their lives, also inspiring others to keep going.

People like Georjann Morriseau who continues to tell her truth about the systemic racism and dysfunction that festers in the Thunder Bay Police Service. She has the heart and resilience to share her story and this inspires me.

Sharing a laugh with friends and family inspires me and also re-charges my batteries when I may be feeling low. We all need that laughter medicine to heal us.

In this 29th issue of the Great Lakes Pow Wow Guide, I am truly inspired by the artists featured in this issue. From cover artist Sara Cornthwaite and all of the runners-up from our cover art contest to glass blower Ariel Hill – I am truly grateful to have seen all of your work and talent.

I am certain that the beauty of all the contributions in this issue will inspire you, the readers, to perhaps try something new.

Safe travels on the pow wow trail!

Marci Becking is the Director of Communications for the Anishinabek Nation.



Cover Art

Sara Cornthwaite, citizen of Nipissing First Nation, was the winner of our Great Lakes Pow Wow Guide cover contest.

We received so many submissions that - with the support of the Anishinabek Nation Health and Social Departments - we decided to choose runner-up winners as well.

Read more about Sara Cornthwaite, Emily Clairoux, Mariah Abotossaway, Skyla D'Antimo Rock, Dakota Shawana and Clayton King in this issue.

29th Annual Great Lakes Pow Wow Guide

The Great Lakes Pow Wow Guide 2023 is the 29th annual directory/magazine produced by anishinabeknews.ca and published by the Anishinabek Nation Communications Department. 10,000 copies are printed and circulated all over Ontario.

Views expressed are not necessarily the opinion or political position of the Union of Ontario Indians.

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Chi-Miigwetch to our contributors:
Mariah Abotossaway, Emily Clairoux, Sara Cornthwaite, Skyla D'Antimo Rock, Clayton King, Dakota Shawana and Kelly Anne Smith,



On the James Bay coast on the Cree Nation of Chisasibi ᓄᓐᓄᓐ, Sara Cornthwaite holds the gimbal (to stabilize the camera) while shooting a TV series.

- Photo by Rebeka Tabobondung of Wasasuking First Nation.

Behind the lens with content creator Sara Cornthwaite: Focussing on stories that matter

By Kelly Anne Smith

NIPISSING FIRST NATION — People all over the world trust Sara Cornthwaite with their special moments. The Nipissing First Nation content creator is busy with assignments as a professional cinematographer, photographer, editor, and

producer. Though incredibly successful, Sara remains humble, graceful, and especially grateful to work in her own territory surrounded by her culture and loved ones.

In conversation, Sara talks of organizing the Nipissing First Nation Virtual Pow Wow's

livestream in 2020 and 2021, and photographing portraits for dancers and community members, too. And in March, along with Matthew Penasse, she photographed the 2023 Little NHL for the host community Nipissing First Nation.

Sara's artistic skills expand beyond the lens — she is a mixed-

media artist, too. Her work is featured as the new cover art of the 2023 Great Lakes Pow Wow Guide. She explains the vision behind her piece.

"When prompted for the Great Lakes Pow Wow Guide, the first thing I imagined was the Great Lakes. I really wanted



Sara Cornthwaite snaps a selfie of herself working on a documentary series. 'I feel so honoured to work with Indigenous Peoples. And to highlight my own community, and to be able to tell stories that matter is incredible.'

to show that visual in the art and then I thought it would be so cool to include the different dancers throughout the water and have them represent the different categories—Jingle, Grass Dancers, Men's Traditional, etcetera. I really wanted to create an image that encompassed all of the Great Lakes pow wows. I started there and as I was drawing, I thought it needed something more. I began to create the background that surrounded the imagery and just very naturally, it sort of formed a turtle. I thought how appropriate and followed with the four

directions colours to complete the image."

Sara loves telling stories that matter through her work. She is currently working on a few different TV and documentary projects across Canada, highlighting different First Nations and the work they are doing.

She thoroughly enjoyed working on what she calls a passion project, the documentary *Biidaajwan, Force of Water*, which premiered last year. Sara collaborated with two

Nipissing First Nation women, Mindy Lariviere, the Culture and Heritage Manager at Nipissing First Nation, and Katelynn Goulais, who Sara advises is an up-and-coming camera operator to watch for.

"It definitely mattered a lot to Nipissing. With the subjects, it mattered what they were sharing. It was very reciprocal but very important. Even the people who were shy still felt it was important for them to show up and have a seat. It was a lot of fun," she explains. "Together, the three of us, we just understood

the importance of the project. And we moved through COVID-19, a very challenging time to be interviewing people and Elders. It was really our vision together. We have this dream together of being Hummingbird Productions and telling more stories that matter, as we are able to."

Creating imagery of Nipissing First Nation and representing the community is something that Sara does not take lightly.

"My mother is from Nipissing and my father is not. For me, the importance of representing Nipissing in a good way has

been always something I cared deeply about. I'm just so grateful to be a part of that big, wild, McLeod family and to have so many aunts, [uncles, and cousins] to learn from. My mom, Kelly McLeod, plays a big role supporting me. She reminds me that I'm okay to continue as long as I continue to tell my story and speak from my experience. It's amazing."

Sara has travelled the world to photograph Indigenous Peoples from all walks of life and grew a bigger appreciation for her roots at home.

"I've spent a lot of my career working with Indigenous populations around the world. I've spent a lot of time in Africa, in Asia, and in South America. After a few years of going really deep into that work, it really popped up into my mind on why I wasn't focusing that attention on home. And definitely, working with Indigenous People globally, there are so many similarities and strengths across different nations around the world. It made me feel very inspired and proud to have a community at home that I can explore and learn more about. It was part of my journey in encouraging me to focus on those stories at home. Bring what I've learned in film and photography in the world to my own communities and tell those stories because they matter."

Photography and videography began as a passion in high school, says Sara. Youth who are

interested in that same career path are encouraged to go out and gain experience, she adds.

"I loved discovering the power of storytelling through a lens. In my opinion, every career path will have its challenges. Choose a path that you are willing to continue down even when it inevitably gets bumpy and follow your heart. Our time here is precious and you will shine your brightest when you spend your time doing something you love. For photography specifically, just get out there—take photos of your loved ones and friends, wildlife, and home," she shares. "For Indigenous youth to tell their own stories is really important. I feel so honoured that I've had the opportunity to tell stories. It gets to a point where I feel as though it should no longer be me— it should be them. To have Indigenous youth empowered to advocate for themselves and share the stories that matter to them is really important for me... In the future, I'd like to continue to just give it back to teach what I'm doing so that more young people can share their own stories. I think a lot of empowerment and growth comes from that."

Sara loves to photograph and film people, feeling the power and privilege of capturing an image of a person doing their favourite thing and preserving that moment in an image that they adore. She prefers capturing life as it's happening.

"I have always preferred to be the one taking the photos. I give directions throughout and follow with positive reinforcement. I'll speak slowly as I click the camera, allowing them to focus on my voice rather than getting nervous. Being goofy or playful always helps a subject be at ease. I'll show them some of the first captures and often it sparks their excitement. They like what they see and can settle into the rest of the photos with confidence," she explains. "Photographing dancers can be a lot of fun... There are some technical details, like you would want a fast frame rate/a higher frame rate... I really like to put something in front of the lens, whether it's another person, a person's regalia, or sometimes even grass that's along the sides of the circle."

Sara notes that even the smallest of detail can be so impactful and meaningful.

"... I like to focus on details of regalia. If you can zoom in and get feet, zoom in and get hands, zoom in and get some of the stitching and the beadwork— all of those pieces are made with love and mean a lot to those dancers. So, to capture them in a beautiful way, it's often a very reciprocal thing to have dancers that you can photograph but to also share your photos back with them so they get that art themselves. It's really special," she adds. "I danced as a child and have not formally since. That

said, I am currently working on my regalia for the next Nipissing Pow Wow."

Sara's cat is vocal trying for attention. She calls him Mnidoons, short for Mnidoons Giizoons meaning Little Spirit Moon. Her heart is full of love and her face radiates as she explains her pride and the honour of her work.

"There is so much incredible work happening at Nipissing First Nation and so many community members are leaning in to keep our Nation vibrant and strong. It is because of our community that I am able to do my work in the first place. I am grateful that I can highlight their work via mine," she expresses. "Cameras can be intense. I understand the privilege that I have in being allowed to photograph and I'm just so grateful for that because I could not do any of my work without the communities themselves. I am grateful to be welcomed with my camera."

Explore her talent showcased in her portfolio at saracornthwaite.com.





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Pow Wow Guide cover contest runner up winners



Emily Clairoux

My name is Emily Clairoux and I am a member of the Algonquins of Pikwàkanagàn First Nation. I attended Toronto School of Art and Centennial College's Fine Arts Diploma Programs, as well as the Community Worker Program at George Brown College. My real education came from working with community.

My passion is learning new and traditional arts and craft with a contemporary flare. I am mostly a mostly self taught beadwork artist, leather worker, seamstress, and illustrator. I received a grant in 2022 to fund a community initiative where I created leather mittens for street-based Indigenous folks in Toronto.

I operate a small online boutique part time (Eagle Woman Arts) and recently co-founded Odeyimin Collective.

Mariah Abotossaway

My name is Mariah Abotossaway, I'm from Aundeck Omni Kaning First Nation, located on Manitoulin Island. The piece I am submitting is a snapshot of different dancers that attended last years powwow in an artistic style. I call this piece "Intertribal".





Waabanong

Clayton King

Aaniin, boozhoo. Waab Shki Makoons n'dizhinkaaz, migizi doodem. Anishinaabe akiing n'doonjibaa. Bodewadmi Anishinaabek n'daw. I am a Barrie-based multi-media artist. I was born and raised in St. Catharines and am a member of Beausoleil First Nation a.k.a. Chimnissing. I am known predominantly as a painter. I graduated with an Advanced Fine Art Diploma from Fanshawe College in 2010.

Since 2007, I have exhibited my art across the country in eight solo exhibitions and 44 selected group exhibitions. The common themes in my work relates to Anishinaabe bimaadziwin and the knowledge that lies within. Over my 16-year career, I have travelled on the pow wow trail sharing art with many communities. Like many Anishinaabek artists of past and present. I carry on the tradition of storytelling through creative expression.



Zhaawanong

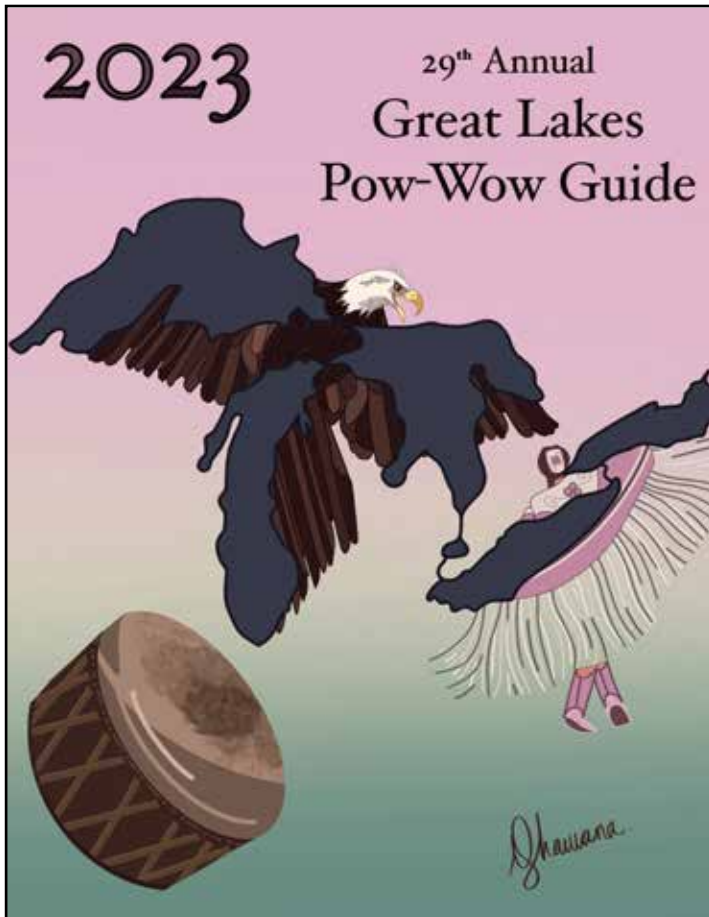
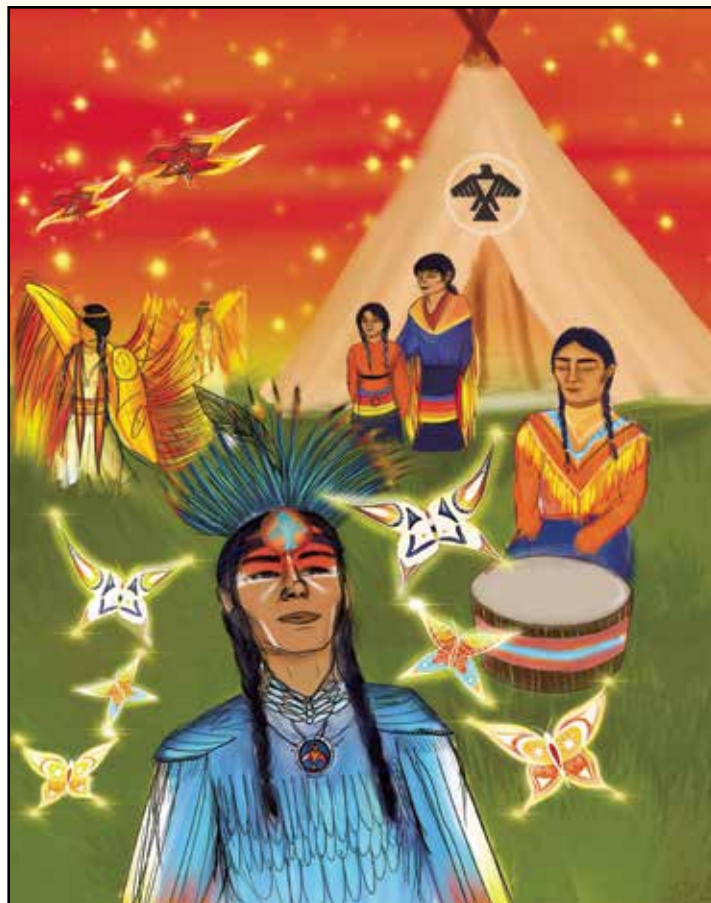


Niikaanis

Skyla D'Antimo Rock

Hello, my name is Skyla D'Antimo Rock, and I am a member of Wiikwemkoong Unceded Territory. I am currently 17 years old, and a grade 11 student who lives in a small town called Bolton. I am an aspiring artist who has been doing various types of artwork for a few years now. I find a lot of my inspiration from my culture, which reflects into my drawings, paintings, and beadwork.

When I saw this contest of submitting artwork for the 29th Annual Great Lakes Pow Wow Guide I decided to give it a try. My I named this piece "Spirit of the Powwow".



Dakota Shawana

My name is Dakota Shawana. I am Anishinaabe-Odawa with roots in Wiikwemkoong Unceded Territory. Growing up in the Niagara Region, I have always tried my best to keep in touch with our culture. I always like to include elements of my family and culture into my artwork. They are my biggest supports. Miigwetch to my family for supporting my art and giving me the knowledge and compassion that I need.



Health Transformation

Now Booking - Engagement Sessions!



The Anishinabek Nation's Health Transformation Team is in the first phase of engagement sessions. Phase one is introducing Health Transformation to interested Chiefs, Councils, and health experts from our 39 First Nations.

The Team is available to meet and discuss Health Transformation and what that means for your community. We will present our information, answer your questions, and explain how Health Transformation can benefit Anishinaabeg.

The Team is available to meet through Zoom or in-person at your convenience.



THE ANISHINABEK NATION INDIAN RESIDENTIAL SCHOOL MONUMENT

We invite you to honour a loved one, living or deceased, from one of the **39 Anishinabek Nation member First Nations** who attended an **Indian Residential School** by submitting their name to be added to the Anishinabek Nation commemorative monument.

To submit a nomination, contact:

E-mail: Inquiry_Reconciliation@anishinabek.ca

Telephone: (705) 497-9127 to leave a message



Monument location:
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Pregnancy and Infant Loss (PAIL) Network is a provincially funded organization with a mandate to provide bereavement support at no cost to families in Ontario who have experienced the loss of a pregnancy at any stage, or the death of their baby, up to 12 months of age. We welcome any families who have experienced a pregnancy loss or infant death to join with others who share in their grief.

We also offer support for pregnancy after loss, grief after abortion, as well as hosting special events throughout the year. Please visit our website to learn more about all of the ways PAIL Network can help.

PAIL Network is very grateful to the many volunteers around the province who share their hearts with bereaved families, like their own.

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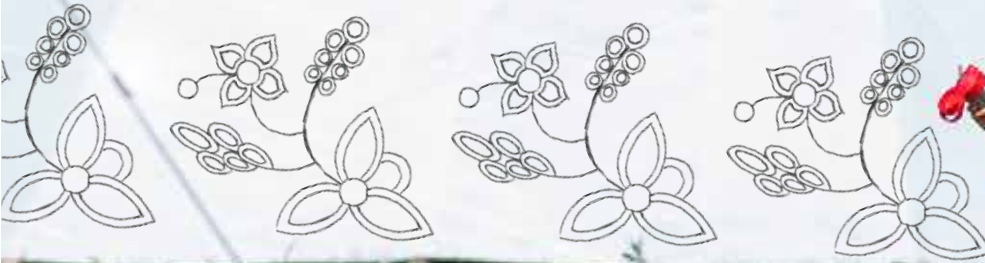


Leaders in Indigenous Education



Maamwi Kweji-Giyakwaadziyang

"Trying to walk a good path together"



35th Pow Wow

NBISIING NATION DEWEGIGEWAAD **Sept 2nd & 3rd, 2023**

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GRAND ENTRY 12:00PM SAT & SUN

First Time Dancers Special Saturday at 10:30AM

Sunrise Ceremony Starting Aug 31st to Sept 3rd

Host Drum: **Ottawa River Singers**

Co-Host Drum: **Eagle Flight**

Arena Director: *Tory Fisher*

Master of Ceremonies: *Bob Goulais*

Pow Wow Elders: *Evelyn McLeod & Dan Commanda*

Head Veteran: *Patrick Stevens. Jr*

Ceremony Elders: *Glenna Beaucage & Michael Couchie*

Head Fire Keeper: *Tyler Dokis*

Adult Head Dancers: *Samantha Mianskum
& Shkaabewis Tabobondung*

Youth Head Dancers: *Hayden McLeod & Trent Beaucage*



NO PETS ALLOWED

FOR MORE INFORMATION CONTACT:



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Garden River Powwow NIIGAAN ZHAADAA

Let's Go Forward

August 2023
Garden River Ball Fields
19th GRAND ENTRY 12pm & 7pm
20th GRAND ENTRY 1pm

Master of Ceremony: Paul R. Owl
Host Drum: Ottawa River
Co-host Drum: Bear Creek
Arena Director: Kevin Syrette
Head Vetera: Ray Cadotte
Head Male Dancer: TBD
Head Female Dancer: Sarah McGregor
Head Female Youth: TBD
Head Male Youth: TBD

Dance Categories

Women's Traditional
Women's Fancy
Women's Jingle
1st - \$1000
2nd - \$750
3rd - \$400

Men's Traditional
Men's Fancy
Men's Grass
1st - \$1000
2nd - \$750
3rd - \$400

Mens & Women
Golden Age 55+
1st - \$1000
2nd - \$750
3rd - \$400

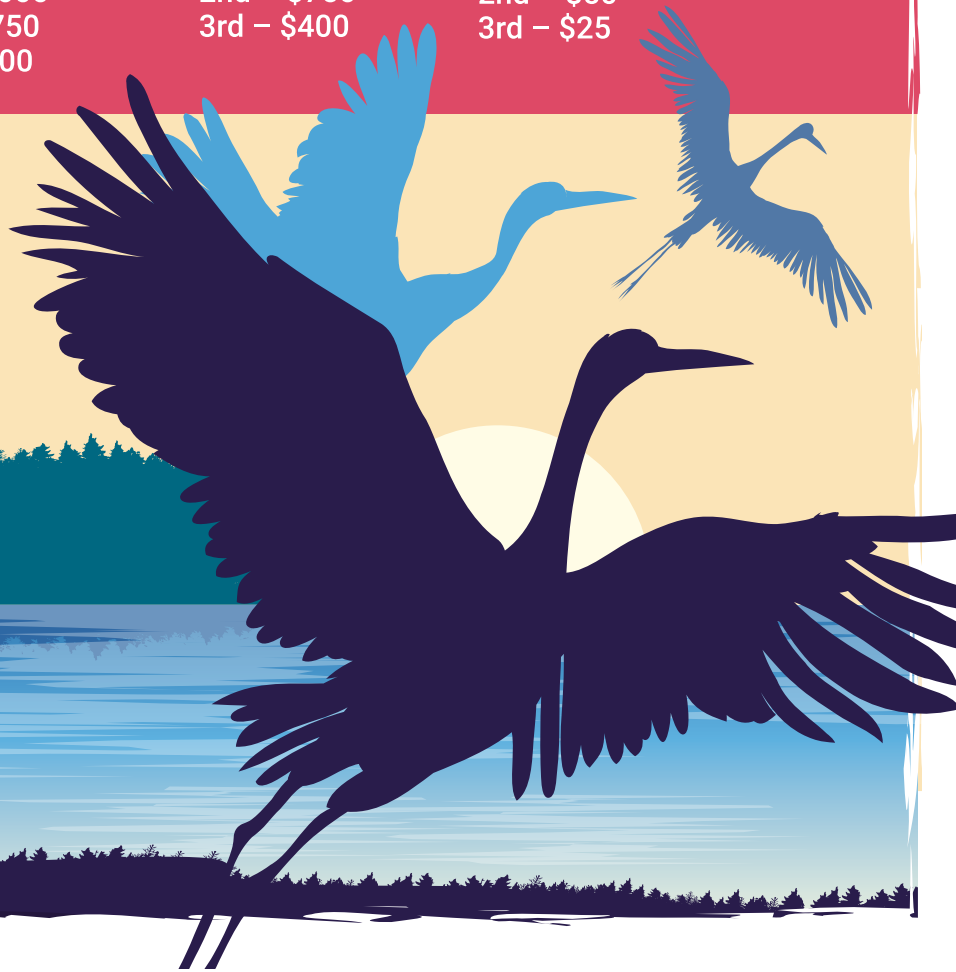
Junior Girls & Boys
Teen Girls & Boys
1st - \$100
2nd - \$50
3rd - \$25

Contact

Joanne Perrault
grfnpowwow@gardenriver.org
www.gardenriver.org
f GRFN 2023 Powwow

Registration

Youth - \$5
Adult - \$10





➤ What is B'Maakonigan's purpose?

Supporting strong Anishinabek First Nation Governance for a brighter future and the future generations of E'Dbendaagzijig.

➤ Who is B'Maakonigan?

The governing body of the signatory First Nations of the *Anishinabek Nation Governance Agreement*.



➤ What does B'Maakonigan mean?

Translated from Anishinaabemowin, B'Maakonigan means a governing body which guides, supports and encourages.





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THE MIGHTY MUSKRATS MYSTERIES

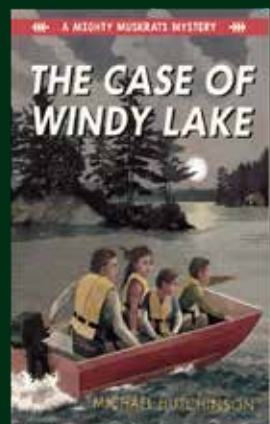
BY MICHAEL HUTCHINSON

FOR AGES 9-12

Four Cree cousins living in Windy Lake First Nation solve mysteries together in these Hardy Boys-style Indigenous adventures.

Perfect for middle-graders who love action and intrigue!

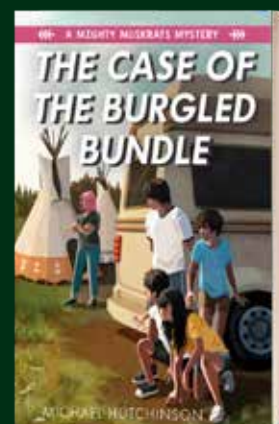
**BOOK
4!**



BOOK 1



BOOK 2



BOOK 3

Second
Story
Press

ANISHINABEK NATION RESPONSIBLE GAMBLING PROGRAM

ZAAGIDWIN, DEBWEWIN, MNAADENDMOWIN, NBWAAKAAWIN, DBAADENDIZIWIN,
GWEKWAADZIWIN MIINWA AAKEDHEWIN

LOVE, TRUTH, RESPECT, WISDOM, HUMILITY, HONESTY AND BRAVERY

GOLDEN RULE OF GAMBLING - NEVER GAMBLE MORE THAN YOU ARE WILLING TO LOSE!! Gambling means that you are willing to risk something you value in the hope of getting something of even greater value.

GAMBLE IN A HEALTHY WAY? Gamble only with money set aside for entertainment. Avoid mixing gambling with alcohol or other substances. Never borrow to play. Balance recreational gambling with other healthy activities.

WHY DO PEOPLE GAMBLE?

- **The Social Aspect.** Gambling can be a social activity.
- **Risk!** It's human nature to desire taking risks, which is why the uncertain outcome of gambling is so appealing.
- **Boredom/Loneliness.**
- **Escape from difficult emotions.**
- **Solution for financial troubles.**

CONSIDER REPLACING GAMBLING WITH?

- **Physical activity** (walking, weightlifting, team sports or yoga)
- **Meditation.**
- **Spend more time with friends and family who do not gamble.**
- **Volunteer at a hospital or animal shelter.**
- **Explore new hobbies.**
- **Travel.**

It's hard to walk away from a winning streak, even harder to leave the table when you're on a losing one.

Quit while you're ahead!

For Help, reach out! Ontario ConnexOntario Help Line 1-866-531-2600
www.responsiblegambling.org/for-the-public/problem-gambling-help/help-for-canadians

Sponsored by the Anishinabek Nation Responsible Gambling Program

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("helping one another")

Emma, Guy, Shannon
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INDIGENOUS WOMEN ARE ENCOURAGED TO APPLY. FIRST PREFERENCE WILL BE GIVEN TO ALL QUALIFIED INDIGENOUS APPLICANTS.

Do you have a passion for advocating and supporting Indigenous women and their families?
The Ontario Native Women's Association (ONWA) is growing and expanding services within the province of Ontario.

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Cheriian, Bachelor of Social Work
Nipissing First Nation

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From left: Mskamini Giizis - Raspberry Moon, Namebine Giizis - Sucker Moon and Mdaamiin Giizis - Corn Moon, engraved blown glass, collection of the artist - Ariel Hill. Photo by AKH Studios.

Lunar Reflections: Glass exhibit features the Thirteen Grandmother Moons

By Marci Becking

WATERLOO— Ariel Hill has the most beautiful Lunar Reflections exhibition happening until May 21 at the Canadian Clay and Glass Gallery. From Six Nations and Wiikwemkoong Unceded Territory, she holds a jewelry certificate from Kootenay School of Arts and a Bachelor of Fine Arts degree from the Alberta University of the Arts with a major in Glass. Her work is a reflection of her environment. She is interested in the intersection between elements of the natural world and how it relates to human experience. Her patterns and colour palettes reference cast landscapes as well as microscopic details of stones, plants, and other organic matter.

Her exhibit is entitled: Lunar Reflections. This name is a

double entendre - a reference to the reflective, glossy medium of glass - but also to the introspective act of seeing oneself from the outside looking in. The moon and its phases - its relation to the passage of time - has significance throughout a variety of Indigenous cultures. Specifically, Hill's body of work references the concept of the Thirteen Grandmother Moons of the Anishinaabe lunar calendar, and their respective meanings and teachings. While many of these moons correlate to the different months of the year, their meanings can be both referential to seasonal changes as time passes, but also changes within oneself and others. Hill has constructed glass vessels and beaded pieces to represent each of these moons and their

significance, both as cultural lessons and to the artist herself.

"We all grow up with a series of values instilled within us. Sometimes, these values come from personal experiences - periods of our life that we have lived and learned through exploring the concept of trial and error," says Hill. "Other times, these lessons come from the ones who raise us - our families, friends, and members of our community - who have taught and cultivated our respective talents. Then, of course, there are values of culture, of which are an amalgamation of all the aforementioned attributes and more. Lessons embedded within our heritage, teachings passed down between generations that are meant to inspire, educate, and guide people as they

navigate through the journey of life. In this sense, these teachings are not only lessons, but they become an aspect of identity: the understanding of oneself and one's beliefs."

"The glass pieces were made with the moons and their teachings in mind. I chose the colours based on the subject matter, for example: strawberry moon, flower moon, etcetera. I then decided on the graphics to be engraved afterwards. I engraved a 'moon' on each of the pieces and tried to capture the essence of each of those teachings with animals, flowers, berries, and other elements of the natural world."

Each of these glass vessels was constructed using glass-blowing, and engraving - both of which are difficult techniques to master.



Ariel Hill with pieces from her Lunar Reflections exhibit of engraved blown glass and jewelry based on the 13 Grandmother Moon Teachings. The exhibit runs until May 21, 2023 at the Canadian Clay and Glass Gallery in Waterloo, Ontario.

Hill remarks that “glassblowing is an animal unto itself. It requires skill, knowledge, physical strength, and respect”. Her practice begins by adding a trail of white coloured glass, and then a colour overlay. The colours are deliberately chosen to represent the different moons and to create a wide array of effects, which create an ephemeral, lunar atmosphere for the objects. After this, the pieces are blown out into their spherical shape, transferred to a punty, and then the top of the sphere is finished using a soffietta to inflate it after the transfer. The pieces are then annealed and inspected to make sure the colours are the right density, and that the shape is correct. Once the pieces have

cooled, Hill then engraves on the glass using a diamond bit on a foredom rotary tool, reinforcing each piece’s narrative.

The glass vessels are also accompanied by beadwork pieces intended to complement each moon, as well as to showcase a form of traditional, Indigenous craft. Hill remarks that beading is “full of intention, patience and focus”.

Beadwork as a craft holds an important place amongst the many facets of Indigenous culture. It remains an important aspect of Indigenous, artistic expression and has resiliently been passed down between many generations. Beading patterns, colours, and styles are unique to every respective Indigenous



Mskamini Giizis - Raspberry Moon earrings and etched glass.

group - each culture has its own traditions and visual signifiers. Beaded garments and ornaments are intrinsic to many First Nation ceremonies, and in many cases, the types of beaded items worn by an Indigenous person allow them to express their identity. Beadwork also holds great significance to spirituality. In a variety of cultures, colours chosen for beadwork pieces are interpreted through dreams, spiritual journeys, and spiritual traditions.

At its core, this body of work is an intentional and honest exploration of an intrinsic aspect of Indigenous culture - specifically the culture of the Haundenosaunee and Anishinaabe peoples.

These concepts are not only about culture and learning, but they also encourage aspects of celebration, survival, and ceremony. Hill invites viewers to

learn about these ideas through her own lens – her own personal interpretation of these moons and their beauty – as she pays tribute to them and her culture through her own artistic practice.

Cheyenne Mapplebeck, guest curator for the exhibition says, “As an Indigenous woman in my own right, I feel privileged and able to curate this wonderful collection of Ariel’s artistic practice and showcase an emerging beacon of talent in the contemporary glass world. It is important, after years of erasure and attempts at reconciliation, that Indigenous voices are given ample space to speak and to celebrate cultures that have persisted with incredible resilience.”

Lunar Reflections runs until May 21, 2023, at the Canadian Clay and Glass Gallery in Waterloo, Ontario.



Mdaamiin Giizis - Corn Moon earrings.



Mukwaa Giizis - Bear Moon, Ziissbaakdoke Giizas - Sugar Moon and Namebine Giizis - Sucker Moon.



Mno-waawiindandaa
Let's celebrate
Anishinaabe Giizhigad
June 6

What is Anishinaabe Giizhigad?

Anishinaabe Giizhigad celebrates the proclamation of the Anishinaabe Chi-Naaknigewin (Anishinabek Nation Constitution) that took place on June 6, 2012, at the Anishinabek Nation Grand Council Assembly.

The Anishinaabe Chi-Naaknigewin was confirmed by Pipe Ceremony and therefore, is a sacred commitment by Anishinabek to live by Anishinaabe Law: Ngo Dwe Waangizid Anishinaabe (One Anishinaabe Family). This means acquiring Anishinaabemowin (Language) and Anishinaabe Inaadziwin (Culture). These are the source of Nationhood: Unity and Identity. Anishinaabe Aadziwin includes Anishinaabe Governance.

We have everything that we need in our Sacred Bundle including the Anishinabek Nation Eagle Staff (National Flag), Three Fires Confederacy Song (National Anthem), and Seven Sacred Gifts. This is the foundation for Anishinabek and also the way forward:

Gwekwaadziwin – To Live A Good Life as instructed by Anishinaabe Elders.

Celebrate being Anishinaabe!



JOIN US

Celebrate with us on June 6,
via YouTube livestream:
youtube.com/AnishinabekNation



Mno-waawiindandaa Anishinaabe Giizhigad!

Let's celebrate Anishinaabe Day!

June 6

The Anishinabek Nation is celebrating Anishinaabe Giizhigad on June 6 to honour our past, present, and future. In the simplest terms, we are strengthening our Nation and providing a good future, an Anishinaabe future, for our children.

Our greatest strength is our Anishinaabe ways: our language, culture, history, and traditions. This is how we have survived genocide and this is how we will strengthen our people and ensure our future. We have much to celebrate!

On November 17, 2021, the Anishinabek Nation Leadership Council proclaimed June 6 as Anishinaabe Giizhigad our very own national holiday.

June 6 commemorates the proclamation of the Anishinaabe Chi-Naaknigewin (Anishinabek Nation Constitution) by the Anishinabek Nation Grand Council, held at the Roundhouse in Sheguiandah First Nation on June 6, 2012.

The adoption of the Anishinaabe Chi-Naaknigewin was then confirmed by The Pipe Ceremony and so, it is a sacred commitment to live according to Anishinaabe principles and law. Our principles and laws are expressed in the Preamble of the Anishinaabe Chi-Naaknigewin. The Preamble, Ngo Dwe Waangizid Anishinaabe (One Anishinaabe Family) was guided, created, and gifted to us by our Elders and provides the spirit and intent, and the vision and purpose of the Anishinaabe Chi-Naaknigewin.

Ngo Dwe Waangizid Anishinaabe states:

“Creator placed Anishinaabe on the Earth along with the Gift of Spirituality. Here on Mother Earth, there were Gifts given to Anishinaabe to look after: Fire, Water, Earth, and Air.

The Creator also gave Anishinaabe Seven Sacred Gifts to guide them. They are: Love, Truth, Respect, Wisdom, Humility, To Live a Good Life, and Bravery.

Creator gave us sovereignty to govern ourselves.
We respect and honour the past, present and future.”

To live according to Anishinaabe principles and law, we must acquire and practice Anishinaabemowin (Language) and Anishinaabe Inaadziwin (Culture), always. This is the source of Anishinabek nationhood, identity, and pride.

This is how we provide for future generations. This is why we will celebrate June 6 each year.

“ We should celebrate on June 6th; that is our national holiday, not June 21,”
- The Late Anishinabek Nation Head Getzit Gordon Waindubence Shiikenh-baa





Shawanaga Traditional Pow-Wow August 19th & 20th, 2023



All dancers welcomed

Alcohol & Drug free event

Open to the public

Shawanaga First Nation Traditional Grounds - Shawanaga Rd N & Jacob St

Grand Entry 12PM
Saturday & Sunday

M.C's
Allan
Manitowabi
Frazer
Sundown

Arena director
Ian Akiwenzie

Host Drum
Chippewa
Travellers

Co-host
Chippewa
Point
Eagle Heart
Singers

Adult Head Dancers
Lorne Pawis
Kaylyn Kewageshig

Youth Head Dancers
Reese Pamajewon
TBA

Craft Vendors
\$50/day

Food Vendors
\$75/day

Vendors register here:
<https://www.surveymonkey.com/r/WVCP98L>

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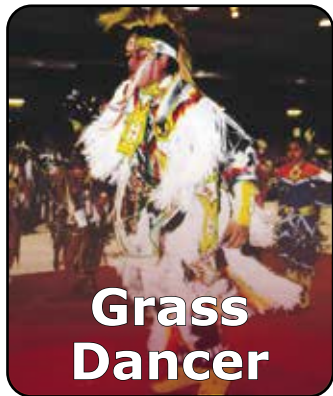
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Pow-wow Dance Styles



Grass Dancer

Yarn and ribbon-adorned regalia and a swaying dance style which features loose and flowing movements along with an emphasis on shoulder-shaking distinguish grass dancing from other men's categories. Their regalia features lots of white, gold, silver or other brightly-coloured yarn and ribbons of different colours. They wear shirts and pants, with beaded or decorated belts, side tabs, armbands, cuffs, and front and back aprons. They also wear a beaded harness which can reach from the shoulders to the knees. They do not wear bustles of any kind. Grass dancers try to move their yarn and ribbon fringes in as many places as possible, creating a style which flows as the prairie grass does in the wind. This dance requires flexibility and stamina. The grass dance, the oldest form of dance, comes from the prairies. Some say it came from the stomping down of grass at the beginning of pow-wows, while others say it came from the tying of sweet-grass braids to the dancers' belts.

White buckskin regalia with intricate beadwork designs, fringed shawls folded over one arm, and a dance style with slow and poised movements as the dancers bob to the drum distinguish women's traditional dancing from the other women's categories.

Their regalia features fine handcrafted buckskin dresses which are decorated with intricate beadwork and long fringes. Their jewelry includes beaded barrettes, a beaded yoke with long buckskin strips that extend to the ankles, and fully-beaded moccasins.

The dancers carry a folded shawl with long fringes over one arm and usually a fan in the hand of the other arm. Some dancers also carry a beaded bag. Dancing with elegance and grace, these highly-respected women keep rhythm with the drum by bobbing up and down as they dance in one spot or take very slow steps. They must always have one foot in contact with the earth. Their regalia moves like a breeze through a willow tree. The women's traditional dance is the oldest form of women's dancing.



Women's Traditional



Fancy Shawl

Brightly-coloured shawls, held with outstretched arms and worn over the shoulders, brightly decorated regalia, and a dance style that emphasizes a constant whirl of graceful jumps, spins and intricate footwork distinguish fancy shawl dancing from the other women's categories. Their regalia features colourful shawls, decorated with ribbon fringes, elaborate designs, and appliqué, which are held with outstretched arms as the dancer spins and whirls.

The dancer wears an intricately-beaded or decorated cape, various beaded accessories including a headband, brightly-beaded moccasins that cover the calf, and a decorated skirt with ribbon fringes.

Dancing with high energy and a fast pace, most fancy shawl dancers are physically fit. They dance with high-stepping footwork and a whirl of beauty, agility and grace as they keep time with the music. Their style mimics butterflies in flight, with the shawls imitating wings. Fancy shawl dancing is the newest form of dance, originating along the U.S.-Canada border during the mid-1900s.

Brightly-coloured regalia, twin feather bustles worn on the back, and fast and intricate footwork combined with up-and-down spins distinguish fancy feather dancers from the other men's categories. Their regalia features bright ribbons and brightly-coloured cloth, as well as great amounts of beadwork, including beaded headbands, medallions, armbands and cuffs. Their capes and aprons usually have ribbon fringing. Angora anklets are worn over the fullest part of the calf. A roach, with two feathers that can move freely, is worn on the head. The two feather bustles, one attached to the waist and the other attached to the shoulders, are colour co-ordinated with the rest of the regalia. Ribbons are usually attached to the tips of the feathers. Small hackle bustles which match the twin feather bustles are sometimes worn as armbands. Because their energetic dance style is much faster than the other men's styles, most fancy feather dancers are in great physical condition. The quick moves of this style require agility and stamina. Fancy feather dancing originated in Oklahoma.



Fancy Feather



Men's Traditional

A large Eagle Feather bustle worn on the back and extending up past the shoulder, loud bells on the ankles, and a dance style which portrays the dancer's quest for game distinguish men's traditional dancing from the other men's categories.

Their regalia features a large U-shaped bustle with a single row of wing or tail feathers and two spikes which point upwards. The bustle is attached at the waist. They also wear a longer porcupine hair roach with a spreader holding two feathers, a beaded breastplate over their shirt, a vest with beadwork, an apron with beadwork, arm bands and cuffs, and a decorated belt. The dancer also carries a variety of objects, including the Eagle wing fan, in his hands.

The bells, which jingle along with the beat of the drum as the dancer moves, are tied over the cuffs of the dancer's pants.

Dancing by taking two steps with one foot and then two steps with the other, and moving his body and head as though he is hunting for game, the men's traditional dancer re-enacts the hunt just as his forefathers did. The Lakotas are usually credited with originating this style of dance.

The traditional jingle dress dance is characterized by the jingle dress and light footwork danced close to ground. The dancer dances in a pattern, her feet cross, they dance backward or turn a complete circle. Compared to the original dance, the contemporary dance can be fancier, with intricate footwork and the dress design is often cut to accommodate these footwork maneuvers. Contemporary dancers do often cross their feet, turn full circles and dance backwards. Such moves exemplify the differences between contemporary and traditional jingle dress dancing.



Jingle Dress

Pow-wow Glossary and Etiquette

ARBOUR – central area of the Pow-wow grounds where the drums and singers are situated.

BEADWORK – the beautiful designs created by sewing beads onto a particular piece of regalia. Beads were originally made from conch shells.

BREASTPLATE – made from thin hollowed-out bones or long beads which are strung together to cover the dancer's chest from the shoulders down to waist or knees.

BUSTLES – made from feathers which are arranged together in a radial manner. They were originally worn by only a few honoured men, but now they are usually worn by men's traditional and fancy feather dancers. Fancy Feather dancers use turkey, hawk or Eagle feathers, while men's traditional dancers almost always use Eagle feathers.

CONTESTS – a competition for prizes and recognition against other dancers. Dance styles and age determine the categories of competition. Age groups usually are tiny tots, 0-5; little boys and girls, 5-12; junior boys and girls, 12-16; and seniors, 16-plus. Depending on the pow-wow and the category, prizes may reach \$1,500.

GIVEAWAYS – a universal custom among the peoples of Turtle Island. Turtle Island societies believe that a person who is being honoured should provide gifts to other members of the society. Giveaways are appropriate for the big events in a person's life, such as being the head dancer or entering the dance area in regalia for the first time. Giveaways by people being honoured or in honour of someone else are common at pow-wows.

GRAND ENTRY – the parade of dancers which opens each pow-wow session. The Eagle Staffs are carried first into the circle, followed by the national flag and any other flag, usually carried by Veterans. The head dancers, along with any princesses or princes in attendance, and invited dignitaries are next in order. The men's dancers follow next, then the women's

dancers, then the junior boys and junior girls, with the little boys and girls last. After the Grand Entry, there is a Flag Song and then a prayer by an Elder in his/her language. The Eagle Staffs and the flags are then placed by the arbour.

HONOUR SONGS – requested to honour a person for almost any reason, including a deceased person. People are requested to stand during honour songs.

INTER-TRIBALS – songs which belong to no particular nation. Most inter-tribals are sung with vocables instead of words. They have become very popular because anyone can dance to these songs, which results in more people dancing.

ROACH – type of headdress made from porcupine and deer hair. These are usually several rows of hair tied to a woven base, which allows the hair to stand up and move gracefully as the dancer moves. It is attached by a roach pin to a braid of hair or to strings tied around the head. Longer roaches are now in style, varying from 18 to 22 inches in length. Two feathers are usually attached to the roach.

ROUND DANCE – usually held at the beginning of a pow-wow session. The dancers form a large circle in the dance area, with each dance style remaining together. A song is sung with a heavy 1-2-1 pattern and the dancers move laterally around the dance area. The faster styles dance closer to the arbour, and the slower styles dance farther away. Round dances are usually sung in sets of three or four songs.

TWO-STEP – the head men's dancer and the head women's dancer dance together and lead a long string of paired dancers. The women usually ask the men to dance, and the men must dance when asked. The two-step can become very intricate, with the pairs splitting apart for a time and then rejoining later. People usually end up laughing as they do the two-step.

Pow-Wows are fun events, but they are also sacred events. Ceremonial songs and dances, which are sacred, are performed from time to time throughout the pow-wow.

People should stand during all ceremonial songs and dances. These include the Grand Entry, Flag Songs, Veteran Songs, Honour Songs and any other songs that the M.C. designates as ceremonial songs.

Do not take any photos or video or sound recordings of ceremonies without asking permission from the person or group you are recording. Some areas of Turtle Island do not allow the recording of ceremonies, period.

People should listen to the M.C. because he will announce the different songs and will also let people know when they can dance and when they cannot. He will also give out other information and news.

Respect the Elders, drummers, singers, dancers, and the pow-wow staff and committee.

The dancers wear regalia while they are dancing, not "costumes." People should not touch the regalia.

Appropriate dress and behaviours are required in the dance area.

People should take good care of their children at pow-wows.

Do not hold children while dancing the dance area. The child may be construed as a gift to the Creator.

Do not run around the dance area. Always walk in a clockwise direction when you are in the dance area. Horseplay is not tolerated.

Do not bring alcohol or drugs to a pow-wow. Do not come to a pow-wow while under the influence of drugs or alcohol.

Dogs are not allowed around the pow-wow area.

Bring your own chairs. Do not sit on someone else's chair unless you have their permission.

Remember you are a guest. Have fun, ask questions and meet people.

Pow Wow Listings

Please visit the Anishinabek Nation Facebook page, follow us @AnishNation on Twitter, or check out the events calendar on anishinabek.ca for pow wows that might have missed getting into the guide.

PLEASE CALL or CHECK WEBSITES to ensure that the pow wow is not cancelled.

May 19-22

Tyendinga Mohawk Territory 2023 Indigenous Tattoo Gathering
Location/Directions: 756 York Rd, Deseronto, ON
May 19 - Gates open 8:30AM. Sunrise Ceremony, Tobacco Burning, and Opening Ceremonies. 9:00AM Craft Vendors Village, Tattoo Practitioner meeting and discussion on health and safety and tattoo revitalization. 12:00PM Right of Passage Tattoos then Tattoo Practitioners tattoo each other. 5:00PM Social begins. All singers/dancers welcome. Registration for Saturday's hand drum competitions closes Friday night so come and sing for the peoples as part of your entry.
May 20 - Gates open 8:00AM. All day tattooing. 9:00AM Vendors Village Opens. 10:00AM Days events begin. Smoke Dance Competitions, Hand Drum Competitions, and Animal Call Contest (Categories: Moose, Goose, Crow, Deer and Sugar calls). 6:00PM Live music. Want to perform? Contact us.
May 21 - All day tattooing. 7:00PM-9:00PM Closing event.
May 22 - Clean up and travel day
Tattoo Practitioners Attending - Keith Callihoo, Dion Kasas, Kanahus Manuel, Kanenhariyo, Mel Lefebvre, Sheri Osden Nault, Odinamaad Narciso Kagagins Noganosh (Isaac Weber), Julian Rough camping available. No drugs or alcohol. This is a family friendly event. Donations welcome.
Contact: info@indigenoustattooogathering.com or visit www.indigenoustattooogathering.com

May 20-21

Hiawatha First Nation 27th Annual Traditional Pow-Wow
Location/Directions: Lakeview Ceremonial Grounds, 126 Paudash Street,

Sunrise Ceremony: 6:00AM
Grand Entry: Saturday/Sunday at 12:00PM
Elders: Male Elder TBD & Susie Taylor
Head Veteran: Tom Cowie
Fie Keeper: Caleb Musgrave
Emcee: Meeg Snake
Arena Director: Perry "Bing" Stevens
Host Drum: Smoke Trail
Co-Host: Michi Saagig Manomin
Head Male Dancer: Dan Secord
Head Female Dancer: Kelli Marshall
New dancer give-away immediately following Grand Entry on Saturday. No pets allowed. Drug and alcohol free. Drumming, dance exhibitions, craft & food vendors, spot dances, intertribal and social dances. Hiawatha First Nation is not responsible for damage to person or property.
Contact: Ellisa Johnson at culturalcoordinator@hiawathafn.ca
Vendor Registration: Jill Stevens at ecdev@hiawathafn.ca

May 20-21

Walpole Island First Nation 29th Annual Spring Pow-Wow Bkejwanong M'nookmig Jiingtamook
Location/Directions: Walpole Island Sports Complex Fairgrounds (immediately after crossing WI Bridge). Inside arena if inclement weather forecasted. Directions: Off of 33 & 40 Hwys from Sarnia or Wallaceburg, ON. Also at Algonac, Michigan/Walpole Island Ferry.
Grand Entry: Grant Entry: Sat 12:00PM/6:00PM, Sun 12:00PM, Grass Dance Blessing Daily
Admission: Free for general public to attend
Registration: All singing groups require a minimum of five exclusive singers at registration.
Honour Guard: Walpole Islands Veterans Association & Others

Attending
Host Drum: Whiteye Singers, Bkejwanong Territory
Head Sr. Male Dancer: Dennis Whiteye (Bkejwanong Territory)
Head Sr. Female Dancer: Neebing Whiteye (Bkejwanong Territory), Head Jr. Female Dancer: Miley Soney (Bkejwanong Territory)
Saturday: WIFN Indian Residential School Survivor Group - Eagle Staff Presentation and Sixties Scoop & Indian Day School Special, Sunday: Youth & Adult Smoke Dance Exhibition & Special (Regalia required)
Declaration: Walpole Island First Nation and the Mnookmig Jiigtamook Committee will not be held responsible for injuries, lost/stolen/damaged articles, or short-funded travellers. Camping - tents only (there is no electrical or water hook ups. Vendors to supply their own. Emergency services on site. Absolutely no personal/private fundraising raffles/tables/booths. Please be a leader by not doing this.
Contact: Stacey Nahdee at stacey.nahdee@hotmail.com or (226) 627-9133 or Facebook: Stacey Nahdee

May 26-28

Eabametoong First Nation Honouring Our Children and Youth Pow Wow
Location/Directions: John C. Yesno Education Centre
Emcee: Ron Kanutski
Arena Director: Todd Genno
Host Drum: Northern Cree
Head Male Dancer: Joel Wood
Head Female Dancer: Tonia Hall
Contact: For more information, contact Naomi Atlookan at (807) 633-5203 or naomi@atlookan@jcyec.ca

May 27

2-Spirited People of the 1st Nations 2nd Annual 2-Spirit Powwow

Location/Directions: Downsview Park, 15 Carl Hall Road, Toronto, ON, M3K 2E2
Declaration: 10:00AM-6:00PM
Contact: For more information: info@2spirits.org or Facebook: 2-Spirited People of the 1st Nations

June 3-4

Aundeck Omni Kaning First Nation 31st Traditional Powwow "Remember, Reconnect and Revive"
Location: Pow Wow Ground, 24 Lake Road, POP 1K0
Sunrise Ceremony: Sunrise Ceremony starts June 1 at the Sacred Fire
Grand Entry: Saturday at 12:00PM and 7:00PM and Sunday at 12:00PM
Admission: Free Admission
Arena Director: Robert Stoneypoint
Master of Ceremonies: Mista Wasis
Host Drum: Black Lodge Singers
Co-Host: Young Biisineh
Head Male Dancer: Mike Ramsdin
Head Female Dancer: Mariah Abotossaway
Jr Head Male Dancer: Lucian Behm
Jr Head Female Dancer: Chantal Atkinson
Feast: Saturday at 5:00PM at the pow-wow grounds
Saturday: Crow calling contest at pow-wow grounds, Fireworks at 9:00PM
Declaration: Everyone welcome. Parking. No pets allowed. No alcohol or substances permitted. For more information, contact: Mandy McGraw, Pow Wow Coordinator at mcgraw@aokfn.com

June 3-4

Kitigan Zibi Annual Traditional Pow Wow
For more information, contact: Robin Cayer, Kitigan Zibi Pow Wow Coordinator at kzpovwow@gmail.com, Website: kzpovwow.ca,

Pow Wow Listings

Facebook: Kitigan Zibi Traditional Pow Wow.

June 6

Anishinaabe Giizhigad
Visit the Anishinabek Nation YouTube channel to watch the livestream of events or contact your First Nation to find out what Anishinaabe Giizhigad celebration is happening locally.

June 10-11

Henvey Inlet First Nation 20th Annual Inter-Tribal Pow-Wow
"A Mother's Love is at the Heart of our Nation"
Location/Directions: French River Indian Reserve No. 13, ON 45 minutes South of Sudbury off Hwy 69 or 1 hour North of Parry Sound, turn off at Pickerel River Road, drive in 4.5 km, held at the Pow Wow Grounds on Pickerel Road, watch for Pow-Wow signs
Grand Entry: Grand Entry: Saturday at 1:00 pm & 7:00 pm / Sunday at 12:00 pm
Registration: Honourariums to the first five registered drum groups/ Honourariums to all dancers
Emcee: Craig Fox
Arena Director:
Host Drum: High Noon
Co-Host: High Ridge
Head Male Dancer: Percy Tabobondung
Head Female Dancer: Gmewin Migwans
Special Guest: Emma Morrison
Feast: Saturday at 5:00 pm - bring your feast bundle
Declaration: Rough camping. Bring your own lawn chair. No pets. Everyone welcome. This is a drug and alcohol free event. Craft and food vendors welcome.
Contact: Kim McQuabbie, Pow-Wow Coordinator at cell (705) 207-3393 or at email kmcquabbie@gmail.com

June 10-11

Sheshegwaning First Nation
Directions: Sheshegwaning Road, Sheshegwaning First Nation, ON
Contact: Sheshegwaning First Nation at (705) 283-3292

June 10-11

North Bay Indigenous Friendship Centre 15th Annual Maamwi Kindaaswin Pow-Wow
"Celebrating Our Growth"
Location/Directions: Lee Park, 800 Memorial Park Drive, North Bay, ON
Admission: Free community event, Everyone welcome
Emcee: Bob Goulais
Arena Director: Gerald Chum

Head Drum: Ottawa River Singers
Declaration: Everyone Welcome.
Sunrise Ceremonies, Food Vendors, Indigenous Artisans, Music, Dancing, Feast Saturday, Giveaway Sunday. Bring your own chair and water bottle. Water truck available to avoid single-use plastics. This is a drug and alcohol free event.
Contact: For more information, contact: inquire@nbfc.org or (705) 472-2811, 980 Cassells Street, North Bay ON, P1B 4A8

June 16-17

Red Lake Anishinaape Pow Wow Circle 20th Annual Traditional Pow Wow
Location/Directions: Keesic Beach, Red Lake, ON
Grand Entry: Friday at 6:00PM, Saturday at 12:00PM
Admission:
Registration: Honouraria for Dancers/Drummers
Feast: Saturday at 5:00PM
Declaration: All welcome.
Contact: For more info or to register: rlpowwowcircle@gmail.com, Facebook: "Red Lake Community Pow Wow"

June 17

Aamjiwnaang First Nation 60th Annual Competition Pow Wow
Location: 1972 Virgil Avenue, Sarnia, ON N7T 7H5, Bear Park (behind the Community Centre)
Grand Entry: Saturday at 12:00PM/6:00PM, Sunday at 12:00PM
Admission: 13 to 54 years old - \$10.00, 6 to 12 years old - \$5.00, ages 5 and under - free, 55+ - free
Registration: All Dancer
Registration on Saturday from 10:00AM-12:00PM - This includes baby contest, tiny tots and specials. No Exceptions. Drum
Registration on Saturday from 10:00AM-11:45AM - No Exceptions. Dance and Drum Contests over \$81,000 in cash prizes. New this year for the 60th Paying out 6 spots in all categories.
Declaration: Committee is not responsible for theft, accidents, lodging, inclement weather or lack of travelling funds. Absolutely no drugs, alcohol or pets allowed on the premises. Rough camping and shows available.
For general inquiries or vendor sign up, contact: Tracy Williams, Pow Wow Coordinator at (519) 336-840 ext. 237 or twilliams@aamjiwnaang.ca.

June 21

Georgian Bay Native Friendship

Centre 2023 Pow Wow 20th Anniversary Traditional Pow Wow
20th Anniversary Traditional Pow Wow "Niigaan Niimidwin, Gaanaawaamdan Shkwaang" (Dancing Forward, Glancing Back)
Location: Ste. Marie Park, Midland, ON, Hwy 12 Wye Valley Rd
Grand Entry: 12:30PM/7:00PM
Admission: Free
Head Veteran: Jeff Monague
Fire Keeper: Gavin King
Emcee: Fraser Sundown
Arena Director: Allan Manitowabi
Host Drum: Ironstone
Co-Host: Mixed Tribe
Hand Drummers: Giwwedin
Head Male Dancer: John Hupfield
Head Female Dancer: Deanne Hupfield
Feast: 5:30PM, Giveaway: 8:00PM
Closing: 9:00PM
Declaration: Storytelling, raffle table, hand drumming, dance demonstrations and more, no pets allowed, everyone welcome.
Contact: Trudy (705) 526-5589 ext. 229 or Bronson ext. 222

June 23-25

Couchiching First Nation 30th Annual Traditional Pow-wow
Friday Evening: Warm-ups, Prince & Brave Pageants
Saturday and Sunday: Adult, Teen & Junior Specials

June 23-25

Mamawmatawa Holistic Education Centre 1st Powwow
"A celebration of Mother Earth"
Location: Constance Lake First Nation, ON, MHEC field, 2 Musko Road
Grand Entry: Friday-Sunday at 12:00PM
Emcee: Jim Misquart
Host Drum: Rocky Boy
Head Male Dancer: Austin Baxtor
Head Female Dancer: Kordina Sutherland
Feast: Feast at 7:00PM
Contact: For more information, MHEC Student Council at mhecstudentcouncil@gmail.com.

June 24

Soaring Spirit Pow Wow
Location: Battlefield House



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Pow Wow Listings

Museum & Park, 77 King Street West, Hamilton, ON
Admission: Free
Contact: For more information, email museums@hamilton.ca or call (905) 521-3168. Website: www.hamilton.ca/museumevents

June 24

Summer Solstice Indigenous Festival Competition Pow Wow
Location: Mādahōki Farm, Nepean, ON
Grand Entry: Saturday at 12:00PM/6:00PM, Sunday at 12:00PM
Contact: For more information, visit the Summer Solstice Indigenous Festival website

June 24-25

Dokis First Nation 21st Annual Traditional Pow Wow
Location: Traditional Pow Wow Grounds, Old Graveyard Road
Declaration: Sunrise Ceremony, Grand Entry, Intertribal Dancing, Specials, Community Feast, Miss Kikendaad, Daily Dancer

Honourarium, Authentic Indigenous Arts & Crafts, Drug & Alcohol Free Event, Rough Camping
Contact: For more information, fund us on Facebook: <https://www.facebook.com/DokisPowwow>

June 30-July 2

Fort William First Nation's Annual Summer Pow Wow
Grand Entry: Saturday at 1:00PM/7:00PM, Sunday at 1:00PM
Friday: Warm ups
Feast: Saturday at 5:00PM
Contact: Gail Bannon at gailrbannon@fwfn.com

July 1-2

Sheguiandah First Nation Annual Pow Wow
Location: Sheguiandah First Nation
Contact: For more information, contact Pearl Waindubence at pearlannew54@gmail.com

July 1-2

Thessalon First Nation 28th Annual Traditional Pow Wow
Gidakiiminaan Giganawendaamin -

Taking Care of Our Land
Friday - Set up day for campers/ vendors and evening ceremony
Saturday - Grand entries at 12:00 p.m. & 6:00 p.m., feast at 4:00 p.m.
Sunday - Grand entry at 12:00 p.m., give-away at 4:00 p.m.
No alcohol, drugs or pets
Rough camping available
No fee for vendors
Contact Harley Syrette at hsyrette.tfn@vianet.ca or 705 842 2670 ext. 236

July 2

Munsee-Delaware Nation's Annual Traditional Gathering
Location: At the Arbour, 289 Jubilee Road, Muncey, ON
Sunrise Ceremony: Saturday and Sunday
Grand Entry: Saturday/Sunday at 12:00PM
Admission: Free
Declaration: Baby Contest (in Regalia). Free Parking. Blanket Dances. Rough camping available. No pets please. Security provided. Bring a lawn chair. No alcohol or drugs. Limited photography and audio/video recording. 50/50 draw. Showers. Sacred Fire. Information booths. Archery. Hoop Dancer.
Contact: For more information, call (519) 289-5396.

July 7-9

Naotkamegwanning First Nation 50th Anniversary Powwow
In Memory of "Manidoo Giizhik"
Tommy White Singing Contest
Location: Whitefish Bay, ON
Registration: 8 singer minimum to register, 1st Place - \$10,000 and Jackets & Drum Sticks, 2nd Place - \$5,000, 3rd Place - \$3,000, 4th Place - \$2,000, Four Consolations of \$500
Contact: For more information, contact Tommy "Toowaas" White Jr, Randy White or AJ White

July 7-9

Biigtigong Nishnaabeg Annual Traditional Powwow
Directions: Hwy 627 off of Hwy 17 (signs will be posted), middle of Thunder Bay & Sault Ste. Marie
Contact: For more information, contact Shannon at (807) 229-1836 or shannon.courchene@picriver.com.

July 8-9

Alderville First Nation Pow Wow
Location: 5857 Roseneath Landing Road
Admission: Free to Alderville members, Ages 0 to 6 free, 7 to 12

\$3, 13-59 \$6, 60+ Free, Dancers and Drummers Free
Contact: Drums contact Dave Mowat at dmowat@alderville.ca, Venders afnreception@alderville.ca

July 8-9

Temagami First Nation Annual Traditional Pow Wow
New location on Mainland (Previously on Bear Island) - Shiningwood Bay, 15KM down Lake Temagami Access Road
Host Drum: Cree Confederation
Facebook: Temagami First Nation
Contact: Tyler Paul, Cultural Resource Coordinator
crc@temagamifirstnation.ca

July 8-9

Chippewas of Kettle & Stony Point First Nation 51st Annual Pow Wow

July 9

Beausoleil First Nation
Grand Entry: 12:00PM
Emcee: Allan Manitowabi
Head Male Dancer: Tim McGregor
Feast: Giveaway and Feast 5:00PM


July 15-16

Mississaugas of Scugog Island First Nation 25th Traditional Powwow "Return of the Heartbeat"
Location: Scugog Island First Nation Pow Wow Grounds
Sunrise Ceremony: Entry: Saturday at 12:00PM/7:00PM, Sunday at 12:00PM
Admission: Adults - \$10, Youth (12 & under) and Elders - \$5, Head Veteran: Walker Stonefish
Emcee: Sheldon Sundown and John Snake, Arena Director: Dave Trudeau
Host Drum: Young Spirit (Frog Lake, AB), Co-Host: Snake Island (Mnjikaning, ON)
Invited Drums: Black Bear (Manawan, QC), Crazy Spirit (Aamjiwnaang, ON), Charging Horse (Rice Lake, ON)
Head Dancers: Selected each session
Declaration: Dance Specials and Singing Special.
Contact: Matthew Stevens at (905) 985-1826 ext. 333 or Olivia Andringa (905) 985-1826 ext. 328

July 15-16

Mississauga First Nation Annual Traditional Pow Wow
Location/Directions: Hwy 557 along the Blind River (follow signs)
Grand Entry: Saturday at 1:00PM/7:00PM, Sunday at 12:00PM
Admission: Free. Everyone welcome
Registration: Daily registration for

July 8th & 9th 2023
ALDERVILLE FIRST NATION POW WOW
5857 Roseneath Landing Road
Grand Entry at 12pm
Free to Alderville Members
Admission Fees:
0-6 - Free
7-12 - \$3
13-59 - \$6
60+ - Free
Dancers & Drummers - Free
Contact Information:
Drums contact Dave Mowat at dmowat@alderville.ca
To register your vendor contact afnreception@alderville.ca



Pow Wow Listings

honourariums

Emcee: Stephanie Pangowish and Darren McGregor

Arena Director: Robert Stonepoint

Host Drum: Ottawa River

Co-Host: Under the Pines

Head Male Dancer: Tristan Ashikeesh

Head Female Dancer: Nathalie Restoule

Head Female Youth Dancer: Georgia Abell

Head Male Junior Dancer: Morgan Jensen

Head Jr Youth Dancer: JR Gionette
Friday Evening:

Feast: Saturday at 5:00PM

Declaration: Dance specials sponsored by the pow wow committee (more info to follow).

This is a drug and alcohol-free event. Please no pets (service pets exception).

Contact: Mississauga First Nation (705) 356-1621 ext. 2217 or ext. 2212.

July 29-30

Atikameksheng Anishnawbek 36th Annual Jiingtamok

"Honouring the Jingle Dress"

Location: At the Sacred Grounds

Grand Entry: Saturday at 12:00PM/6:00PM, Sunday at 12:00PM

Registration: Dancer and Drum Registration is Saturday at 11:00AM

Host Drum: Black Bull Moose

Declaration: No drugs, alcohol or pets permitted. Rough camping grounds available.

Contact: For all inquiries, please contact Brandy Saikkonene at (705) 921-5372 or email events.coordinator@wlfm.com.

August 4-6

Netmizaaggamig Nishnaabeg 35th Annual Pow Wow

Directions: Pow-wow Grounds, Pic Moberg, ON (North off Hwy 17, 25 km West of White River, 3kms Est of Moberg Road turn off)

Grand Entry: Saturday at 1:00PM/7:00PM, Sunday at 1:00PM

Admission: Free

Events: Sacred Fire Thursday to Sunday, Warm-ups Friday at 7:00PM-11:00PM, Rough Camping Available

Vendors: Arts & Crafts Vendors - \$50/week and Food Vendors - \$250/week (register onsite)

Declaration: No drugs or alcohol permitted. 24-hour security. No pets.

Contact: Thurston Kwissiwat at (807) 228-0301

August 5-7

Wiikwemkoong Annual Cultural Festival

Location: Wikwemikong, ON - Manitoulin Island

Grand Entry: Saturday at 12:00PM/7:00PM, Sunday at 12:00PM/7:00PM, Monday at 12:00PM

Admission: Gates Open Daily at 10:00AM, Adults - \$15, Children - \$5, Adult Weekend Pass - \$30, Children under 6 & Elders 65 and over - Free,

Registration: Friday at 4:00PM - Welcome Social (Entertainment) & Registration

Elders: Gerry Kaboni and Linda Kaboni

Head Veteran: Wayne F. Pitawanakwat

Master of Ceremonies: Hal Eagle Tail and Duke Peltier

Arena Director: David Trudeau (Wiikwemkoong)

Host Drum & Drum Judge: Cree Confederation (Treaty 6 Territory)

Head Dance Judges: John Hupfields and Deanne Hupfield

Declaration: Authentic Anishinaabe Crafts, Interactive Cultural Workshops, Cultural Pavilion Experiences, Authentic Indigenous Cuisine, Champion Anishinaabe Dance, Wiikwemkoong Art Show, Cultural Pavilion, Miss Wiikwemkoong Pageant.

Contact: For more information, contact: Wikwemikong Heritage Organization at (705) 859-2385 or creechum@wiikwemkoong.ca.

August 12-13

(Mnoomni Giizis Mdaaswi Shi Niizh Miiinwa Mdaaswi Shi Nswi)

Serpent River First Nation 32nd Genaabaajing Traditional Jiintamok

Head Veteran: Philip Moore

Elders: Ray Jackson

Master of Ceremonies: Quinn Meawasige

Co-Emcee: Lee Simpson-Johnston

Arena Director: Robert Stonepoint

(Honourarium for the first five drum groups - minimum four singers)

Declaration: Drug and alcohol free event. No pets allowed. Rough camping available. Please bring your feast bundles.

Contact: Vendor Registratin: Jolie Southwind-Day at (249) 878-6641 or cultural.wellbeing@serpentriverfn.com.

August 12-13

Tyendinaga Mohawk Territory 36th Annual Tyendinaga Pow Wow

"Tsitewatsiró:ten (Rekindling our

Fire)"

Location/Directions: 275 Bayshore Road, Tyendinaga Mohwak Territory, ON

Declaration: Due to the sacred medicines on site, we can not allow dogs unless they are a Registered Service animal, in the park during the Pow Wow. Nia:wen in advance for your consideration. Additional information to follow.

Contact: Ainsley Leween at ains4310@yahoo.com.

August 18-20

Gnoogaming First Nation David Charles Traditional Pow Wow

"Honouring Our Roots"

Registration: First five drums will receive honourarium

Honourary Male Elder: Victor Chapais

Honourary Female Elder: Edna Charles

Master of Ceremonies: Jimmy Mishquart

Arena Director: Cecil Mendowegan

Co-Host: Walking Bear

Head Male Dancer: Allan

Wemigwans

Head Female Dancer: Sasha Michano

Contact: For more information, call Maryann Charles, Pow Wow Coordinator at 1-807-876-1678.

August 19-20

Algonquins of Pikwàkanagàn Traditional Pow Wow

Directions: 2km off Hwy 60 at Golden Lake

Sunrise Ceremony:

Grand Entry: Saturday/Sunday at 12:00PM

Declaration: Craft Vendors - \$150, Food Vendors - \$300, No generators. Limited Space.

Contact: Contact Jamie Sarazin at (613) 625-1109 ahead of time for vendor registration as these go quickly.

August 19-20

Ojibways of Garden River First Nation Pow Wow

"Niigaan Zhaadaa - Let's Go Forward"

Location: Garden River Ball Fields,

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Pow Wow Listings

Garden River, ON
Grand Entry: Saturday at 12:00PM/7:00PM, Sunday at 1:00PM
Registration: Youth - \$5, Adult - \$10
Head Veteran: Ray Cadotte
Master of Ceremonies: Paul R. Owl
Arena Director: Kevin Syrette
Host Drum: Ottawa River
Co-Host: Bear Creek
Head Female Dancer: Sarah McGregor
Contact: Joanne Perrault at grfnpowwow@gardenriver.org, www.gardenriver.org, Facebook: GRFN 2023 Pow Wow

August 19-20

Wahnapiatae First Nation 28th Annual Traditional Pow Wow
Location/Directions: Pow Wow Grounds, 139 Loonway Road, Wahnapiatae First Nation via Capreol, ON, 52 km North of Sudbury, just past Capreol
Sunrise Ceremony: Thursday-Sunday at 6:00AM
Grand Entry: Saturday and Sunday at 12:00PM
Admission: Free
Emcee: Paul Owl
Arena Director: Robert Stoneypoint
Host Drum: Misko-Asin
Co-Host: Northshore Ogitchiidaa Singers
Invited Guest Drum: Wikwemikong Drum Committee
Saturday Evening: Fireworks by Dreamcatcher Fireworks at 10:00PM
Feast: Saturday at 5:30PM
Declaration: This is a drug and alcohol-free event. Please no pets.
Contact: Cultural Coordinator, Tammy Chevette at (705) 920-9488

August 19-20

Whitefish River First Nation Pow

Wow
Directions: Whitefish River First Nation Pow Wow Grounds, Sunshine Alley, Birch Island, ON - Located just off Hwy 6 - 7566 B Hwy 6. Turn onto Sunshine Alley Rd. Keep left at the first fork and keep right at the second fork.
Contact: Whitefish River First Nation (705) 285-4335

August 19-20

Shawanaga Traditional Pow-Wow
Location: Shawanaga First Nation Traditional Grounds - Shawanaga Rd. N. & Jacob St.
Grand Entry: Saturday/Sunday at 12:00PM
Emcee: Allan Manitowabi and Frazer Sundown
Arena Director: Ian Akiwenzie
Host Drum: Chippewa Travellers
Co-Host: Chippewa Point Eagle Heart Singers
Head Male Dancer: Lorne Pawis
Head Female Dancer: Kaylyn Kewageshig
Youth Head Dancer: Reese Pamajewon
Declaration: All dancers welcome. Alcohol and drug free event. Open to the public. No pets allowed - Service Animals exempt.
Vendors Register at <https://www.surveymonkey.com/r/WVCP98L>, Craft Vendors - \$50/day, Food Vendors - \$75/day
Contact: For more information, email: cultural.hc@shawanagafirstnation.ca.

August 19-20

Deshkan Zibbing, Chippewas of the Thames First Nation 46th Annual Pow Wow
Location: 640 Jubilee Road, Muncey, ON
Contact: For more information, contact: anishnaabekwe@cottfn.com.

August 25-27

St. Ignace Rendezvous at the Straits Pow Wow
Location: Father Marquette National Memorial, Boulevard Drive, Near Bridge View Park, St. Ignace, MI
Grand Entry: Saturday/Sunday at 12:00PM
Admission: Admission by donation
Master of Ceremonies: Dan Bissel and Joe Medicine
Host Drum: Sturgeon Bay Singers
Friday: Friday at 1:00PM: Blessing of the Grounds
Declaration: Traditional Dancing, Native Flute Music, Hoop Dancing. Food, Art, Crafts. Public welcome. No drugs or alcohol. Event officials, volunteers, vendors and ALL participants must obey ALL State Park rules and regulations, including, but not limited to, the REQUIREMENT FOR A RECREATION PASSPORT.
Contact: For more information, contact: Darryl Brown at (906) 984-2083 or turtlesback@charter.net, St. Ignace Visitors Bureau at www.stignace.com and (906) 643-6950 or (800) 338-6660. Facebook: Rendezvous at the Straits Powwow

August 26-27

Chippewas of Rama First Nation Competition Pow Wow
Location: John Snake Memorial Grounds, 6030 Rama Road, Rama, ON
Sunrise Ceremony: Saturday at 6:00AM
Grand Entry: Saturday at 12:00PM/7:00PM, Sunday at 12:00PM
Head Veteran: Walker Stonefish
Emcee: Meegwans Snake and Beendigaygizhig Deleary
Arena Director: David Trudeau
Singing Judge: Oshkawbaywis Ray Deleary

Dance Judge: Allan Manitowabi
Declaration:
Contact: For updates, Facebook: www.facebook.com/ramapowwow. For more information, contact (705) 325-3611.

September 1-3

M'Chigeeng First Nation
Location: 62 Anishinaabe Way, M'Chigeeng First Nation, ON at the baseball field
Contact: Art Jocko, Band Manager at (705) 377-5362

September 2-3

Nipissing First Nation Dewegigewaad 35th Traditional Pow Wow
Maamwi Kweji-Giyakwaadziyang "Trying to walk a good path together"
Location: 36 Semo Rd., Garden Village, ON, P2B 3K2
Sunrise Ceremony: Starting August 31 to September 3
Grand Entry: Saturday/Sunday at 12:00PM, First Time Dancers Special - Saturday at 10:30AM
Pow Wow Elders: Evelyn McLeod and Dan Commanda
Head Veteran: Patrick Stevens Jr.
Ceremony Elders: Glenna Beaucage and Michael Couchie
Head Fire Keeper: Tyler Dokis
Host Drum: Ottawa River Singers
Co-Host: Eagle Flight
Head Male Dancer: Shkaabewis Tabobondung
Head Female Dancer: Samantha Misanskum
Youth Head Dancers: Trent Beaucage and Hayden McLeod
Declaration: No pets allowed.
Contact: For more information contact, Brady at bradyp@nfn.ca or (705) 753-2050 ext. 1232.

September 16-17

Curve Lake First Nation Pow Wow



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Pow Wow Listings

Location: Lime Kiln Park, Curve Lake, ON
Contact: Cultural Centre at (705) 657-2758

September 23

TorontoMet Student Pwaaganigaawin (Pow Wow)
Location: Toronto Metropolitan University Kerr Hall Quad, 43 Gerrard Street East (between Yonge and Church), Tkaronto (Toronto), Campus Map: <https://www.torontomu.ca/maps/>, Rainout Location: Upper Gym
Grand Entry: Saturday at 12:00PM
Feast: Feast at 5:00PM
Contact: For more information, email powwow@torontomu.ca, Facebook: Indigenous Events at TMU, Twitter: @TorontoMUPowWow, Instagram: @torontometpowwow

September 23-24

Chippewas of Georgina Island Pow Wow 2023

Locations: Sutton District High School, 20798 Dalton Rd, Sutton, ON, L0E 1R0

Declaration: Head Staff to Be Announced. This is an outdoor Pow Wow.

Follow us on Facebook: "Chippewa of Georgina Island Pow Wow 2023", Pow Wow Coordinator: lauri.hoeg@georginaisland.com.

September 30

Fort Williams First Nation's Annual Fall Pow Wow

Grand Entry: Saturday at 1:00PM/7:00PM

Feast: Feast at 5:00PM

Contact: For more information, contact Gail Bannon at gailrbannon@fwfn.com.

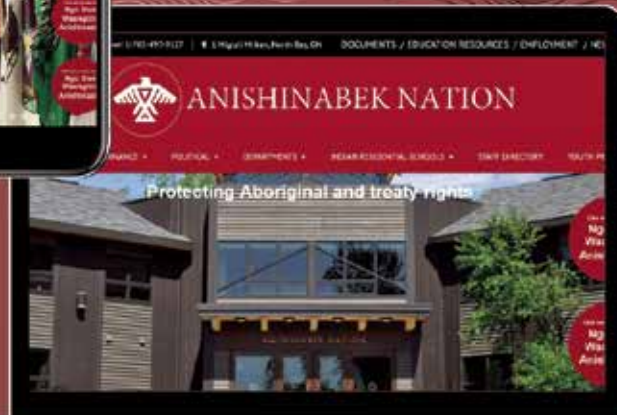
October 7

Niagara Regional Native Centre's 9th Annual Nurturing our Roots Traditional Pow Wow with new Co-Host Brock University "Celebrating Two Spirited & LGBTQIP2SAA+ Community"

Location: Meridian Centre, 1 David S. Howes Way, St. Catharines, ON, L2R 0B3. Free Parking for Elders and Dancers on site and Free Spectator Parking at 71 Carlisle St, St. Catharines, ON, L2R 3J3
Sunrise Ceremony: 7:00AM at Meridian Centre

Admission: Free
Registration: www.nrnncpowwow.ca
Feast: 5:00PM at Meridian
Contact: Willow Shawanoo, Outreach Coordinator at outreach@nrnc.ca or (365) 880-8942.

ANISHINABEK NATION



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Anishinabek Nation

www.anishinabek.ca
www.anishinabeknews.ca



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Laura Liberty, HIV/AIDS Coordinator
laura.liberty@anishinabek.ca





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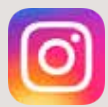
5 Years

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Anishinaabemowin Enji Jiingtamok (Ojibwe language at the Pow Wow)

Maamwi-biindigegaawag: Grand Entry	Eniimijig: The Dancers
G'chi-twaa-aabwinigan: Arbor	Eniimid: The one who is dancing
Mgizi miigwanaatik: Eagle staff	Gchi-nishinaabe zhigaawin: Traditional style
Akiwewin: Flag	Zhinawa'oojigan zhigaawin: The Jingle Dance
Anishinabek Akiwewin: Anishinabek Flag	Miishkonhsiing-eniimid: Grass Dancer (one who dances on the grass)
Zhimaaganish: Veteran	Memengwaanhiing ezhigaad: Fancy Shawl Dancer (one who dances like a butterfly)
Eniigaanzid: Arena Director	Bineshiinh zhigaawin: Men's Fancy Dance
Edabaakinaged: Judge	Niizho-tkokii zhigaawin: Two Step Dance
Eniigaaniigaad-nini: Head Male Dancer	Giimoochgaawin: Sneak Up Dance
Eniigaaniigaad-kwe: Head Female Dancer	Aandeg Zhigaawin: Crow Hop
Giigida-nini: Male Emcee	Maawndogaang: Inter-tribal Dance
Edewegejik: Drummers	
Dewegan: Drum	
Deweganaatig: Drum stick	
Ngamo-kwe: Female singer	
Ngamo-nini: Male singer	
Mnaajaa-ngamwin: Honour song	
Mnaajaa-ngamwinan: Honour songs	



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TOPICAL OINTMENT

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Supports a healthy response to occasional pain*

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WHY STUDY AT KENJGEWIN TEG?

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- » CENTRAL LOCATION ON MANITOULIN; CLOSE TO HOME AND FAMILY
- » ACCESS TO STUDENT SUPPORT SERVICES
- » ANISHINABEK CULTURAL LEARNING
- » TEACHERS AND STAFF THAT ARE INVESTED IN YOUR LEARNING JOURNEY





JORDAN'S PRINCIPLE

Do you know a First Nations child aged 0-18 who has a disability or medical condition whose needs are not being met, either on or off reserve?

Jordan's Principle may provide assistance with Mental Health, Medical Equipment, Speech Therapy and so much more.

Start the process by contacting the dedicated Jordan's Principle Call Centre and Help Line:

Jordan's Principle Call Centre
English: 1-855-JP-CHILD
(1-855-572-4453)
French: 1-833-PJ-ENFAN
(1-833-753-6326)
Email: InfoPubs@aadnc-aandc-gc.ca

Christian Hebert
Jordan's Principle Navigator
Anishinabek Nation
Phone: 705-497-9127, ext. 2306
Email: christian.hebert@anishinabek.ca

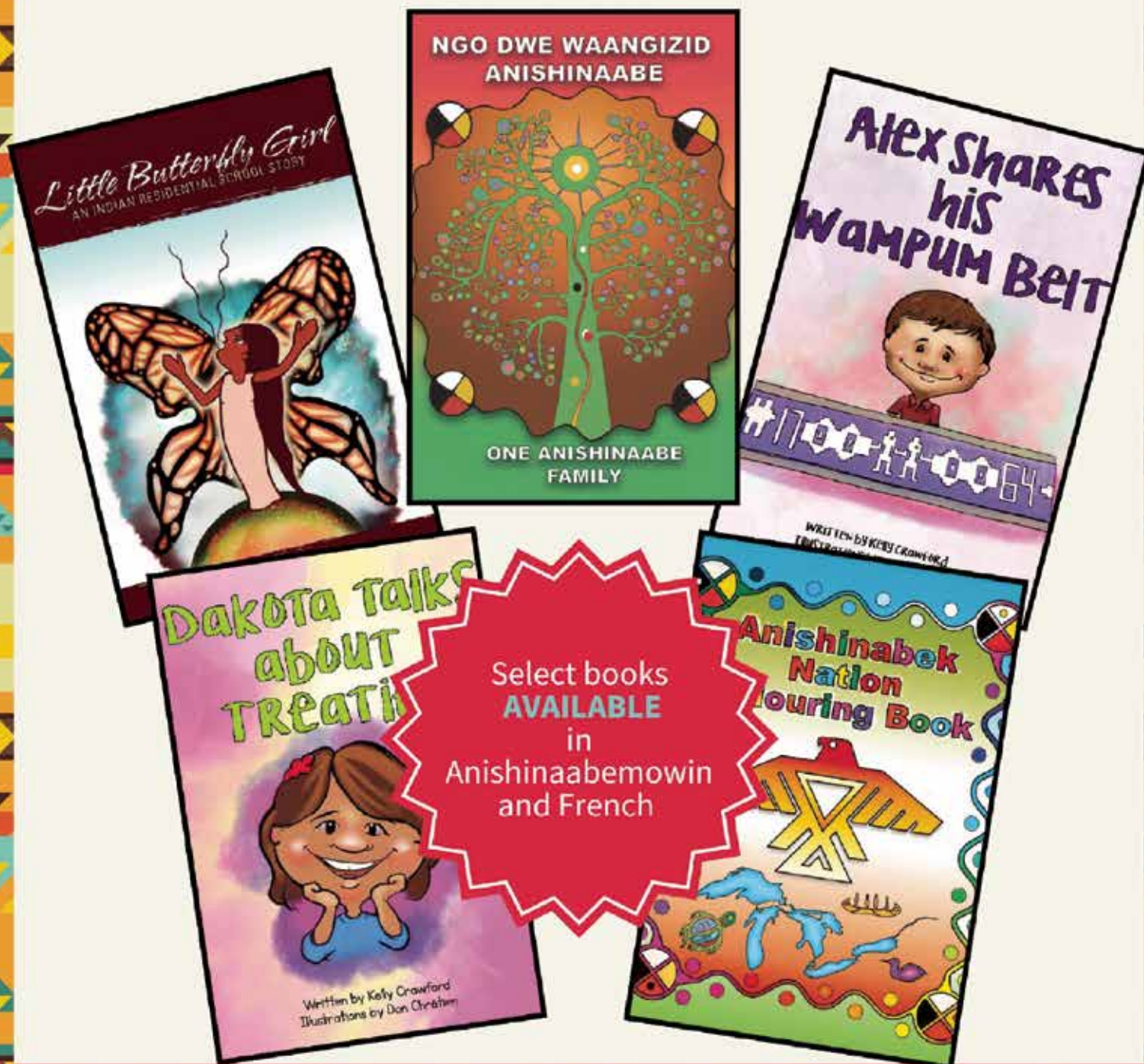
Marina Plain
Jordan's Principle Navigator
Anishinabek Nation
Phone: 519-328-0942
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Diabetes Health Check

SIGNS OF DIABETES

- Being thirsty often
- Having to pee often
- Unusual weight gain or loss
- Getting tired often
- Blurry vision
- Getting infections often
- Cuts and bruises that won't heal
- Infections (yeast, skin)
- Tingly or numb hands and feet

These are typical signs for anyone who may experience Type 1, Type 2, Gestational, Hypoglycemic and Hyperglycemic diabetes. As a general rule, regular check ups with your doctor always recommended.

WHAT YOU CAN DO...

EAT WELL

- Fill half the plate with vegetables such as carrots, broccoli, cauliflower, and other leafy greens.
- Fill the other half of the plate with Grains and Cereals, and Proteins such as wild game and fish.
- Honour our traditional foods provided by our Creator.

AVOID STRESS

- Keep positive! Connect with nature, family and friends.
- Connect with culture: drum, dance, participate in ceremony
- Try meditation, smudge, go for walk in woods.
- Humour and laughter is good medicine.

AVOID SUGARY DRINKS

- Consuming sugary sodas can cause diabetes, heart disease and even cancer.
- If you want to consume soft drinks, choose healthier drinks such as, maple water, unsweetened sparkling water with lemon.

DRINK WATER

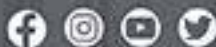
- Drink at least 8 cups of water a day. Water helps maintain healthy brain and body functions. Water is Life!

BE ACTIVE

- Start slowly. Go for walks/hikes and work you way up.
- Remember exercise to the point of light sweating, shortness of breath and increased heart rate.
- Regular physical activity can help prevent or delay Type 2 diabetes and manage existing diabetes.

Information presented by the
Diabetes Program, Health Secretariat, Anishinabek Nation

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Presents



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ROBINSON HURON TREATY of 1850 GATHERING 2023

Renewing Our Treaty Relationships

» **SAVE THE DATE**

SEPTEMBER 7 TO 9, 2023

HOST: Ketegaunseebee Anishinaabeg (Garden River First Nation)

KEYNOTE SPEAKER: Dr. Heidi Stark, *Expert Witness from Annuities Case*



ROBINSON
HURON
TREATY of
1850



Robinson Huron Treaty
LITIGATION FUND



For more
information





Presented by the
Anishinabek Nation Health Secretariat



SAVE THE DATE

9th Annual Anishinabek Nation Health Conference

OCTOBER 17, 18, 19, 2023

We hope everyone is well and we are looking forward to seeing each of you at the Best Western Hotel and Conference Centre in North Bay.

Please watch for your chance to submit a conference theme in Anishinaabemowin that promotes a health and wellness lifestyle.

There will also be a call-out for keynote and/or workshop(s) presenters in the coming months.

Be kind, take care of each other and keep up all your good work and remember, all that you do is special.

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