

Milestones

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+ We were also saddened to learn of the loss of Wally May on March 22. Wally lived next door in Wigwamen Terrace and was a familiar face at the NCCT. He passed away from cancer at Princess Grace Hospital here in Toronto. Wally leaves behind his brother Arnold, his sons Randall, Chris, Aaron, Scott and Billy and daughters Sandy and Donna, as well as numerous grandchildren. A memorial service was held on March 24. Wally's ashes will be buried next to his mother in Serpent River on Easter weekend.

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Chief Coon Come on First Nations Health

National Chief Matthew Coon Come has only been on the job for a short time, but his blunt, no holds barred approach to promoting Native rights has remained. Here is a little of the speech that Chief Coon Come gave on February 25 at a national conference on First Nations Health. It's been edited to fit what space we had this month. You can see the full text at www.afn.ca.

Everyone who has come here knows that something is terribly wrong. Our aboriginal children have less than half the chance of other Canadians to survive their first year of life. Many of our youth see no reason to go on living. They are more than five times more likely than other Canadian youth to take their own lives.

Our communities are assailed by staggering numbers of diabetes cases. In some northern Cree communities, almost half of the people over 45 have diabetes. Our people are going blind, having limbs amputated, and we don't have enough kidney dialysis machines to treat everyone. Even our children are being diagnosed with diabetes.

The death of our aboriginal people from injury, poisoning, and violence is five times higher than the national Canadian average. A very disturbing number of our children suffer from Fetal Alcohol Syndrome—about 25 times greater than the world average.

Our people smoke too much and drink too much. HIV from intravenous drug use and casual and careless sexual contact, threatens the future of our nations—our women and youth.

TB in our communities is still ten times higher than in the rest of Canada. Our people are twice as likely to suffer from cancer, and three times more likely to be afflicted with heart disease.

Walkerton made the news across Canada, but about one out of eight of our aboriginal communities are threatened by unsafe water which each year kills our newborn and elderly. These deaths don't make the front pages of Canadian newspapers. But I still remember when eight children died from gastro-enteritis on one season in my communities in James Bay. That was caused by contaminated water.

There is a direct link between the onslaught diabetes in the aboriginal communities and the sudden and forced elimination of our traditional means of

subsistence. This is a result of hydro-electric development, clear-cutting of our forests, mining activity, and other industrialization of the land and habitat upon which our people have depended for thousands of years for their food.

Go to any community. Ask the doctors. You can see it for yourself. As the people are forced to turn away from their lands, they grow obese and become ill.

There is a cost for social justice. There is a greater cost for doing nothing.

Essential infrastructure must be built in our communities to provide safe drinking water and sanitation. We must have recreational facilities for our youth. We must provide early childhood services. We must build proper housing, and renovate existing housing stock before it becomes irreparable and requires replacement.

First Nations must be included in the decision making processes. The solutions can not come from the outside. We must be at the table when health and social issues are being discussed. It does not work to bring us in after the decisions have been made. This has not worked in the past, and it will not work now.

We have bad conditions. Of course we have bad health. We are fully capable, however, as First Nations of correcting these conditions. Canada has both the wealth and the knowledge to correct these conditions. We pray that it also has the will to see that justice is done. Meegwetch. Thank you.

A Special Plea

Sandra Kakeeway has a very special wish. Sandra visited us recently to ask for our assistance in finding her long lost sister. Her birthname is Grace Francis Kakeeway, and she was born March 1, 1959. In 1961, Grace was apprehended by the Children's Aid Society in Thunder Bay, Ontario. She was later adopted by the Bouguignon family and given the name Rachael Bouguignon. Later in life she married and her last name was then Haymon or Haymond. For many years Sandra has wondered what happened to her sister, and has made finding her a major goal in life. If you know where Grace (Rachael) is, please tell her about this story so that she has the chance to contact her sister. Sandra can be contacted (416) 833-8416 or she can be reached collect at 1-807-223-6319. Meegwetch!

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NCCT Seniors Program helps our elders

One of our longest running programs is our Seniors Program. It's been a while since we've recognized the great work they do day in and day out, so we're sure everyone would like to extend a chi-meegwetch to them.

Much as the NCCT began as the North American Indian Club in the 1950's, our Seniors Program started out as a way for the seniors who lived next door at Wigwamen Terrace to get together socially. The seniors organized trips and socials, and it wasn't until 1994 or so that Joanne Miller, then head of the Seniors Program, procured funding from Health Canada to offer supportive housing services to the seniors next door. A couple of years later, the program started offering outreach services in

the form of information and referral under Allan Sutherland. Supportive housing includes light housekeeping, assistance with shopping, and even transportation to doctor's appointments.

The social aspect of the Seniors Program has always stayed, and even includes an educational aspect: art classes are offered through the Toronto Board of Education, and woodworking was as well in the past. Marilyn Gillis, a program staff member facilitates a light exercise class, and is offering to teach all those interested how to use a computer. Another social aspect of the program are the friendly visits by staff. Many clients have family in the city, but their children have families of their own to take care of. So visits by staff are very welcome. Trips to pow-wows and recreation events are also a big part of the program, and

socials are planned for most of the major holidays around the year. The biggest social usually occurs in June with the Strawberry Social when Native seniors from other friendship centres such as Niagara are invited. Last year the NCCT saw 120 guests for this event.

With all these great events happening, there is a downside. One staff member explained that the hardest part of the job occurs when longtime clients pass on. When the end is near, staff try to do the best they can to make sure that their clients are comfortable. One consolation is knowing that a client's last few weeks or months were made that much easier.

So let's all congratulate the Seniors Program for a job well done, and wish them all the best in the future.

Artist Ron Peters: Unfinished Business at the NCCT

Longtime members of the NCCT may remember Ron Peters, the soft-spoken artist who in the summer of 1998 painted the clan symbol border that adorns most of our building. A year or so later after moving to New York City, Ron returned to finish the job, and the results have been just great. At the end of our main hallway is a mural that Ron has also put more work into. It looked good before, but

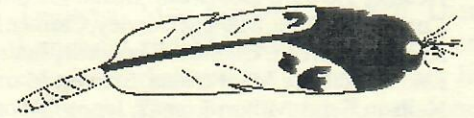
as an artist there, since the art scene there has more going on than in Canada.

For the art that graces the NCCT building, Ron has incorporated the old and the new, the teachings of the four directions, as well as Native and Christian elements. Ron created the border by using acrylic paints, sponge work and paper templates to ensure that the symbols, which repeat, are uniform. All together, Ron has dedicated two to three weeks of time and skill to the project. He pointed out that the work is not as easy as it looks, which is very true, as not many people could have created a mural and border that looks this good. It takes a lot of concentration and steady hands, and Ron explained that some doctor friends told him once that he should have been a surgeon, since surgery requires similar deftness.

On the topic of First Nations art itself, Ron feels artists have a very important role to play in the community. Art is means of leaving something permanent behind, and Ron pointed out the many statues of Europeans that dominate our landscape. This is our way to show that we have been here for a while and are still here despite efforts of the past. So if you ever get the chance to buy some artwork from a Native artist, don't be afraid to buy something and show your support. So meegwetch, Ron, we're sure everyone at the NCCT wishes you a happy and long career!



Ron's extra work has really brought this mural to the next level. We had a chance to sit down with Ron for a few minutes as he took a break. Ron has been practising art for 25 years and is entirely self-taught. During his time in New York City, he has been keeping very busy with painting, carving, acting and modelling. Ron found that it was much easier to earn a living



Meegwetch from the History Project

The History Project would like to express our thanks and extend some recognition to the following individuals for their donations of historical materials: Helen Wolfe and Hans Schulz. Mr. Schulz is 92 years old and now lives in Ottawa. He donated materials from his association with the Hudson Bay Co. As always, Stephanie and Heather at the History Project Resource Room at the Native Canadian Centre invite you to stop in and visit us. We have a wide range of books, reports, videos, oral histories, photographs and more. We also have Internet access and printing services available to our members, and we can help you with research questions or simply general interest in Native history. We anticipate an exciting youth training program this summer involving oral history recording and transferring historical material to the world wide web. Look for details in the next newsletter, as well as information on our upcoming exciting fundraising events including bus trips and a special loonie auction!

Gathering of Drums Celebration: Meegwetch!

To everyone who supported the Gathering of the Drums Celebration we wholeheartedly acknowledge your gifts of time and energy. It was a wonderful success for our community. The members and staff of the Native Canadian Centre of Toronto truly appreciate and thank-you all, chimiigwetch!

The purpose of the event was to raise appreciation and awareness of our own Anishnawbe drums as well as other nations' drum heritages. Through the music of music talents such as Ben Grossman, Hameed Shaqq, and Quammie Williams, we were enthralled and delighted. As well, Anishnawbekwe, the Eagle Heart Singers, Isshin, the Japanese drummers, Raices Bolivianas (Roots of Bolivia) and WaHaHi:Io, the Iroquois Water Drum provided overwhelming demonstrations of cultural richness and common experience.

Twenty-one lucky individuals had an opportunity to make their own hand-drums. Steve Teekens, a traditional teacher, is to be complemented on a job well-done for facilitating a workshop on the art of making a hand-drum.

The day was carried by the many volunteers who shared their various talents. Special mention to: Mary Assinewe, Gord Atkinson, Heather Howard-Bobiwash, Susan Cardinal, Carey Conway, Dorothy Currie, Iara Costa, Marlene Cowley, Carmen Marie Dodge, Aniela Glusko, Keri-Jean Green, Clemence Jararuse, Janis Joe, Betty Kettmann, David Knox, Michelle MacFarlane, Stewart Marshall, Ryan McMahon, Ernie Neilson, Sarah Milton-Lomax, Jenny Osborne, Guillermo Ramirez, John Ranowski, Ligia Segura, Matt Sinclair, Angus Stevens, Alana Studor, Joanne Theakston, Jack Tobin, Rocky Toulouse, Dano Underwood, and Kevin Wren.

All those who attended the morning and afternoon workshops

were treated with some of the history of the culture of the facilitator, background of the making of sound, music, and meaning of the drum. The demonstrations had a wondrous effect on people. While it was actually entertainment by the musically-gifted, each participant was especially moved by the power and effect of the drumbeat. The high response to a questionnaire that each participant was asked to complete was a strong indicator that people want this type of multi-cultural musical experience.

The Extravaganza InterNational was a favorite of many. Lively, fun-spirited Joni Shawana, our emcee, encouraged the evening audience to truly appreciate the line-up of drummers, chanters, musicians and singers.

Most importantly, the financial support of the Toronto Arts Council and the food caterers; Anishnawbe Club, Fund-Raising & Youth Groups, Elder Club and Jennifer Ramsay who were responsible for the many tasty treats and food through-out the day are deserving of the highest order of acknowledgement.

Seniors Program for April 2001

EXERCISE CLASS: April 2, 9, 23, 30

WALKING CLUB: April 4

GAMES CLUB: April 4, 11, 18, 25

BINGO: April 6, 20

MOVIE NIGHT: April 3, 10, 17, 24

ART CLASS: April 2, 9, 23, 30

BEADING CLASS: April 3, 10, 17, 24

MID-TORONTO: April 26

SPECIAL EVENTS:

Loonie Auction: April 3, 6pm

Diabetes Support Group Meeting: April 5, 3-5pm

Elmira Maple Sugar Festival: April 7

Special Note: The NCCT will be closed on April 13 for Good Friday and April 16 for Easter Monday.

The Native Canadian Newsletter needs you!

We publish 10 issues a year, and could sure use a ton of help collating the flyers, folding and stuffing those envelopes. The upside to all this labour: meeting new people, knowing you've made a contribution to your community and best of all: free coffee! If you'd like to help out, call Pat Turner, our volunteer coordinator here at the Native Canadian Centre. Meegwetch!

Want to advertise with us?

As one of the few publications for the Native community in Toronto, we reach hundreds, if not thousands of readers each month. We publish 10 issues a year, and our rates are very reasonable. Give us a call if you have an event or program you need to get the word out about. And if you have a milestone like a birthday, death, anniversary or achievement give us a call, we put those in FOR FREE! Just ask for Jeff at (416) 964-9087.



FIRST NATIONS HOUSE
UNIVERSITY OF TORONTO



Are you...

*In high school, a recent graduate, in the workforce
and considering furthering your education?*

First Nations House at the University of Toronto specializes in providing services that address the Aboriginal students' needs. As the heart of the Aboriginal community at U of T, we offer the following services and programs:

Academic Counselling • Financial Aid Counselling
Elder-in-Residence • Scholarships
Native Student Association • Tutoring
Housing & Employment Referrals
Library Services • Computer Services
Recruitment • Recreational Activities
Cultural Workshops

For more information, please contact

**First Nations House, 563 Spadina Ave., 3rd floor
Toronto, ON M5S 1A1**

Main (416) 978-8227 • Recruitment (416) 946-3570
Fax (416) 978-1893 • Toll Free (800) 810-8069
www.utoronto.ca



April 2001



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Birds of a Feather AA Group 11-1pm	2 Sharing & Teaching Circle 6-8pm Ojibway Language Class 6-8pm Tae Kwon Do 6:30-8pm	3 Hand Drum Workshop 6-8pm Iroquois Social 6-8pm LOONIE AUCTION! 6-8pm	4 Arts and Crafts 6-8pm Tae Kwon Do 6:45-8pm	5 <i>Diabetes Support Group 3-5pm</i> Ojibway Language Class 6-8pm <i>Drum Social 6-9pm</i> Children's Art Workshop 6-8pm	6 Children's Art Workshop 12:30-3:30pm	7 Children's Art Workshop 12:30-3:30pm
8 Birds of a Feather AA Group 11-1pm	9 Sharing & Teaching Circle 6-8pm Ojibway Language Class 6-8pm Tae Kwon Do 6:30-8pm	10 Hand Drum Workshop 6-8pm Iroquois Social 6-8pm Cree Language Class 6-8pm	11 Arts and Crafts 6-8pm Tae Kwon Do 6:45-8pm	12 Drum Social 6-9pm Ojibway Language Class 6-8pm Children's Art Workshop 6-8pm	13 GOOD FRIDAY! NCCT CLOSED	14 Children's Art Workshop 12:30-3:30pm
15 Birds of a Feather AA Group 11-1pm	16 EASTER MONDAY! NCCT CLOSED	17 Hand Drum Workshop 6-8pm Iroquois Social 6-8pm	18 Arts and Crafts 6-8pm Tae Kwon Do 6:45-8pm	19 Drum Social 6-9pm Ojibway Language Class 6-8pm Children's Art Workshop 6-8pm	20 Children's Art Workshop 12:30-3:30pm	21 Children's Art Workshop 12:30-3:30pm
22 Birds of a Feather AA Group 11-1pm	23 Sharing & Teaching Circle 6-8pm Ojibway Language Class 6-8pm Tae Kwon Do 6:30-8pm	24 Hand Drum Workshop 6-8pm Iroquois Social 6-8pm Cree Language Class 6-8pm	25 Arts and Crafts 6-8pm Tae Kwon Do 6:45-8pm	26 Drum Social 6-9pm Ojibway Language Class 6-8pm Children's Art Workshop 6-8pm	27 Children's Art Workshop 12:30-3:30pm	28 Children's Art Workshop 12:30-3:30pm
29 Birds of a Feather AA Group 11-1pm	30 Sharing & Teaching Circle 6-8pm Ojibway Language Class 6-8pm Tae Kwon Do 6:30-8pm					

NCCT Youth Social Recreational Events for April

Volleyball at St. Alban's, 843 Palmerston Avenue 6-7:30pm, April 3, 10, 17

Volleyball returns to the NCCT on April 24, 6-8pm

Easter Egg Hunt and Egg Painting for kids ages 2 to 12: April 12

Treasure Hunt: April 19, 5-8pm

Movie Night: April 20, 3:30-6pm

Contact Sonia Lidstone at (416) 964-9087 for more information!

May 2001

S	M	T	W	Th	F	S
	1	2	3	4	5	
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Boozhoo!

Ojibwe language classes are available at the
Native Canadian Centre of Toronto
16 Spadina Road
(Just north of Bloor and Spadina)
in partnership with the
Toronto District School Board

Meet new people, have some fun and learn the Ojibwe language!

Classes run April 2 to June 28, 2001

Beginners: Thursday evenings

Intermediate: Monday evenings

6:00 to 8:00pm

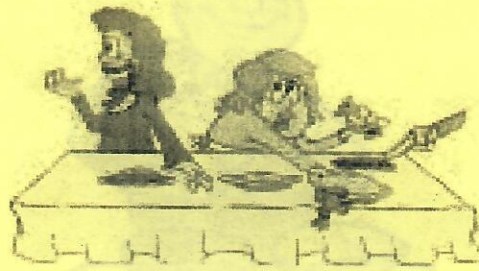
Register during class hours!



Instructor:
Thecla Neganigijig
Material Fees: \$10.00



For more information call:
Adult Native Languages Unit,
Continuing Education Department of the
Toronto District School Board: (416) 393-0528
or the Native Canadian Centre of Toronto (416) 964-9087



NCCT EASTER BAKE SALE

A VARIETY OF BAKED GOODS FOR SALE!!

**REGULAR
OR
DIABETIC
BAKING AVAILABLE!!**

**TO PLACE AN ORDER PLEASE CONTACT:
SONIA OR LADEANNE
AT**

416-964-9087

**DEADLINE FOR ORDERS IS:
MONDAY APRIL 9, 2001 until 6:00 PM**

**BAKING ITEMS WILL BE AVAILABLE FOR PICK-UP
ON**

**THURSDAY APRIL 12, 2001
10:00AM – 8:00PM**

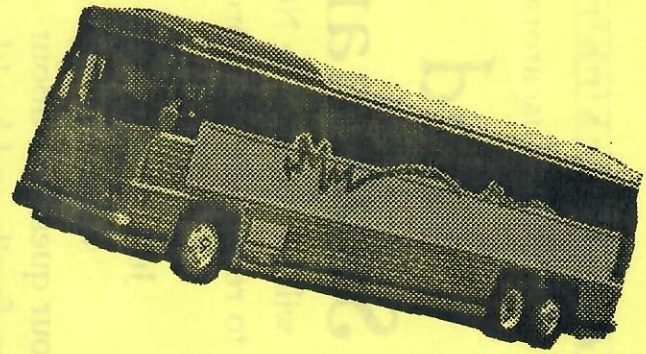
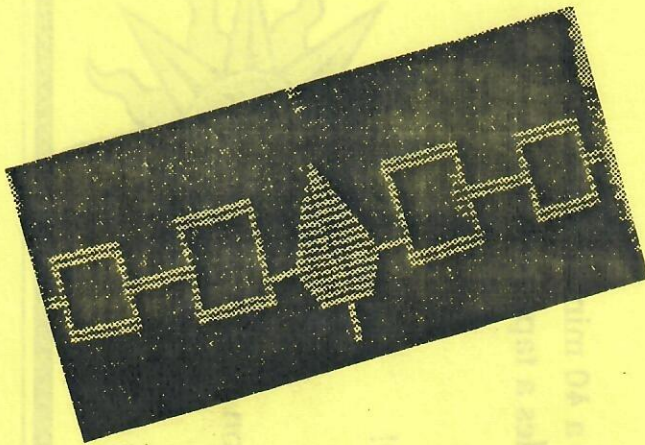


BAKE LIST & PRICES

Unbaked cookies	12 for \$5.00
Chocolate Chip Cookies	12 for \$5.00
Oatmeal Cookies	12 for \$5.00
Cupcakes (chocolate & vanilla)	10 for \$5.00
Chocolate Peanut Butter Balls	10 for \$5.00
Rice Krispie Squares	10 for \$5.00
Mini Cherry Cheesecake	6 for \$5.00
Date Squares	6 for \$5.00
Pumpkin Pie	\$7.00
Apple Pie	\$7.00

Diabetic Bake List & Price

1. Pumpkin Pie	\$8.00
2. Dutch Apple Pie	\$8.00
3. Peanut Butter Cookies	10 for \$5.00
4. Low Sugar Chocolate Chip Cool	10 for \$5.00
5. Pineapple Squares	6 for \$5.00



Take a bus trip with the NCCT and visit the Tyendinaga, Akwesasne and Kahnawake Mohawk reserves!

**Friday, August 31 to Monday, September 3, 2001
Labour Day Weekend**

Friday: tour the Tyendinaga reserve, have supper and a social at Akwesasne prepared by the clan mothers of the Mohawk longhouse,

Friday night: stay in Cornwall, Ontario

Saturday: guided tours of the Akwesasne and Kahnawake reserves
Visit the casino on Saturday evening, tour Montreal with our Metis guide on Sunday morning, have the rest of the day to yourself, and return to Toronto on Monday

Trip includes: Bus transportation, 4 tours, 3 night hotel stay, transportation to casino, lunch and dinner social on Friday, continental breakfast at the hotel in Cornwall

	Cost for NCCT members	Non-members cost
2 in a room:	\$415	\$440
3 in a room:	\$360	\$380

For more information call Pat Turner at the NCCT at (416) 964-9087.

Join Pat Turner for a fun afternoon at the

MYSTERIOUSLY YOURS MYSTERY DINNER THEATRE

SEE A RECIPE FOR MURDER

OR
WHO KILLED THE CAST-IRON CHEF

All You Can Eat Buffet Plus Show

Wednesday, May 16, 2001

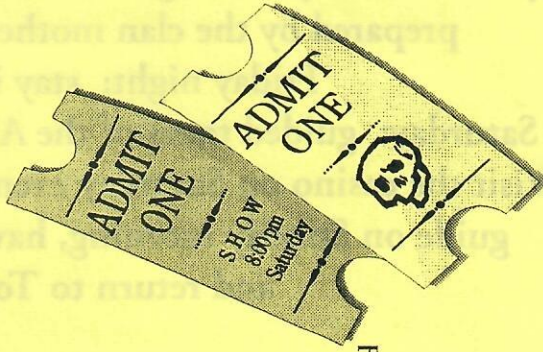
NCCT members \$46, non-members \$48
Price includes buffet lunch, show, tax, tip
and tea or coffee, but not pop or alcohol

(Note: This show costs \$70 on Thursday
and Friday nights, and \$75 on Saturdays.
Wednesday at \$46 is a real deal!)

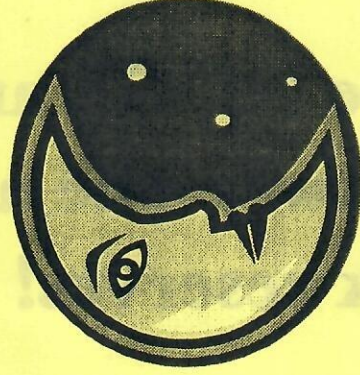
The Old Mill Restaurant, 21 Old Mill Road
at the Old Mill Subway Station

Lunch will be at 11:15,
Show runs from 1pm to 2:30pm

For more information or to reserve a seat,
contact Pat Turner at (416) 964-9087.



Renowned Tuscarora Seer



Ted Silverhand

will be visiting the NCCT
to reveal the past, present
and future

June 4 to 13, 2001

(excluding Sunday, June 10)

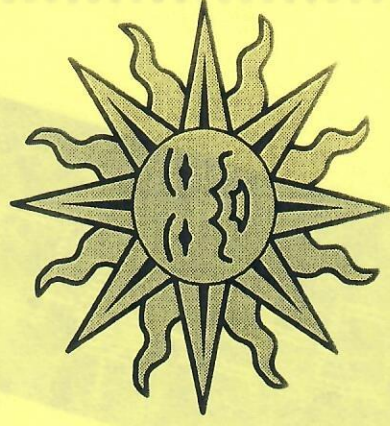
Ted will answer your questions about
love, money, career, family and health.

Only \$75 for a 40 minute session,
which includes a tape recording!

Book your
appointment early!

Sessions start
daily at 11am.

For more information
call Pat Turner
at (416) 964-9087,
ext. 320.



Native People's Parish: Holy Week 2001

The Native People's Parish of the Roman Catholic Church
Sunday Mass at 12:30 in St. Ann's Church (Gerrard Street at Degrassi)

Father Vaughn Quinn, OMI, pastor
Sister Ruth McLaren, SSND, parish worker

To leave messages for either, phone (416) 406-1582

You are welcome to join us for services each Sunday and for the special feasts during Holy Week.

PALM SUNDAY (Passion Sunday)

Sunday, April 8 at 12:30

Blessing of cedar branches (palms in many churches)

Mass will include the mimed story of the Passion of Jesus

HOLY THURSDAY

Thursday, April 12 at St. Ann's Church

6:30pm: A community supper of soup and bread

Bring some soup and St. Ann's will provide the bread.

8pm: Mass

GOOD FRIDAY

Friday, April 13 (see other side for information)

EASTER VIGIL

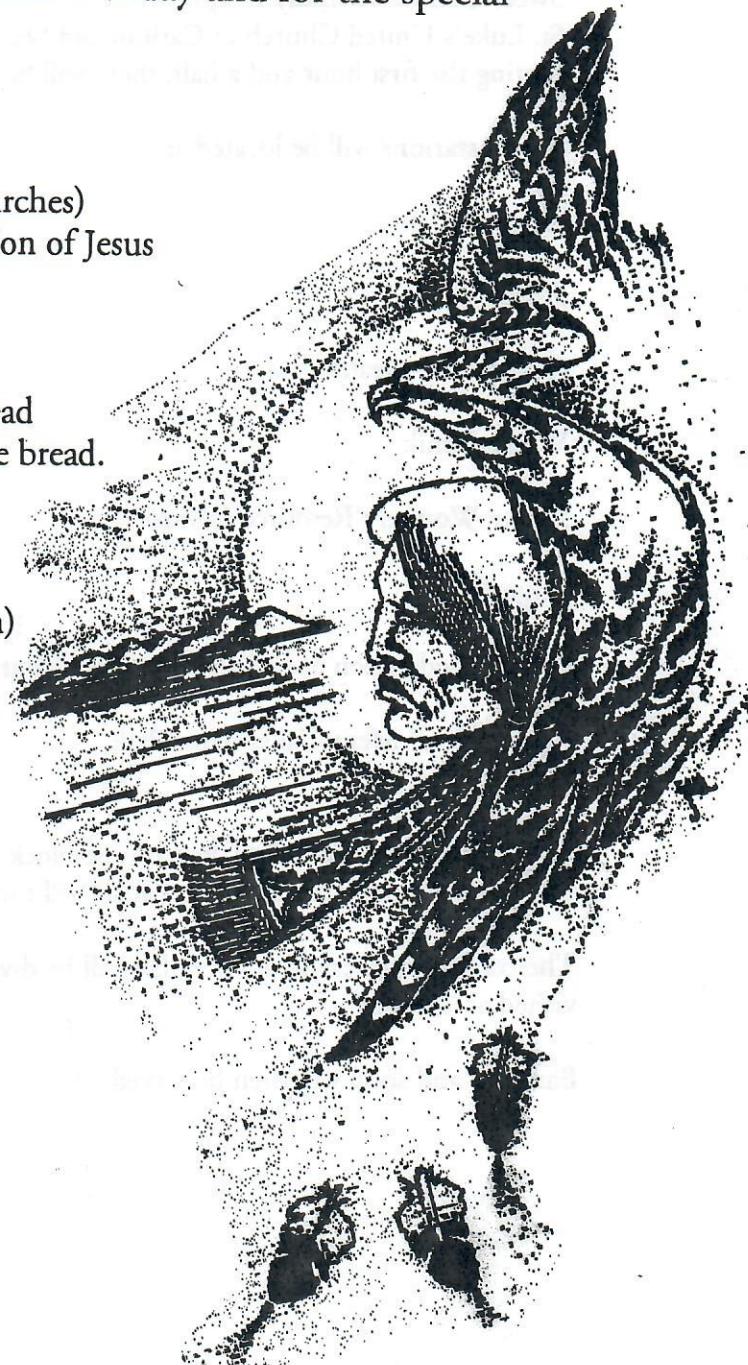
Saturday, April 14

9pm at St. Ann's

EASTER SUNDAY SUNRISE SERVICE

Sunday, April 15

High Park at the Pit at sunrise



GOOD FRIDAY

For over twenty years, persons of many Christian denominations have gathered from all over the megacity for a GOOD FRIDAY WALK OF THE CROSS. Each year a theme determined where people would go to remember the sufferings of Christ present in people today. At each of these places or stations, a teaching would be given and prayers made. For example, a few years ago people made the stations of the cross at places where homeless individuals had died and to the office buildings of those who make decisions that would change that reality.

Moving Toward Right Relations with Aboriginal People is this year's theme. About 400 people are expected to make the Walk of the Cross.

Sweet Grass Ceremony at 2pm

St. Luke's United Church at Carlton and Sherbourne

During the first hour and a half, there will be different presentations and prayers.

Prayer stations will be located at:

Allan Gardens

Street Patrol

Anishnawbe Health

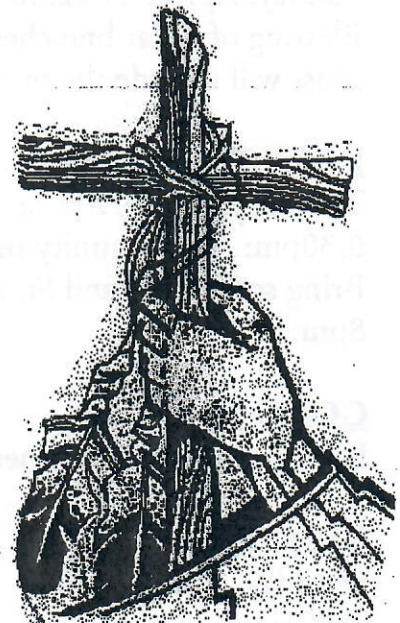
Waasagaamik

Native Women's Resource Centre

Council Fire

Ontario Federation of Indian Friendship Centres

Rupert Hotel Memorial at Moss Park



St. Paul's Roman Catholic Church (one block east of Parliament Street) 5pm

Members of the Native People's Parish will mime the story of the Passion of Jesus

The collection taken during the day will be divided among the First Nations organizations that were visited as 'stations'.

Bannock and soup will then be served.