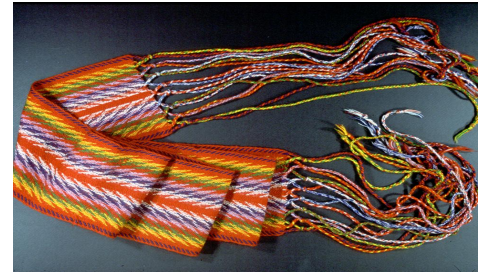


Y.M.C.I PHEONIX



Feature: “The Métis: Talent Through Adversity” by Aden Shapland

The Métis are a group with mixed Indigenous and European heritage, which started mainly with the children from marriages between French fur traders and the Cree and Anishinabe in the early 1800s. This mix of cultures lent itself to a variety of unique art: they quickly became associated with beautiful displays of floral glass beadwork or dyed porcupine quills sewn into clothing, which many Métis sold or traded for other goods, and sashes with colourful and distinct patterns.



Despite everything, the beauty of Métis culture persists to this day

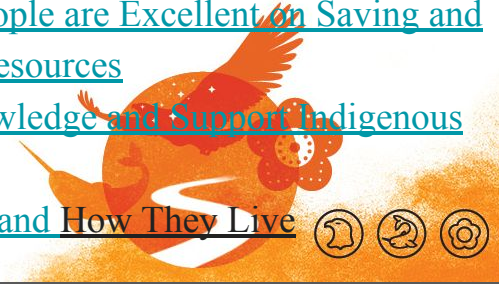
More notably still, the Métis developed their own style of music and dance; the former revolves mainly around fiddles, which the Métis either traded for or produced themselves, and the latter is a fusion of both First Nations and French-Canadian dance steps known as jigging, though the Métis enjoyed square dancing as well.

However, the role of the Métis in the 1885 Northwest Resistance left the group subjugated and poorly regarded by other non-Indigenous Canadians, and many Métis avoided their traditional activities for fear of persecution.

Nowadays, the Métis no longer fear such things, and have established themselves across Canada. Even right here in Toronto, the Toronto and York Region Métis Council acts as a source of information and volunteer opportunities for Métis youth, and - before the pandemic - organized events such as the 6th Annual Louis Riel Day Celebration, giving a place for vendors to sell handcrafted creations, and for jiggers and fiddlers to perform. Likewise, to this day, performing groups such as the Toronto Métis Jiggers can't perform under current circumstances, but await the chance to show off traditional jigs and songs. Clearly, the way the Métis have thrived to this day in Toronto is a testament to their strength and resilience.

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City

Editor: Nivya Kurukulasingam



Support Businesses by Understanding

What would you do if someone tried to silence you?

By Henry Au

With the upcoming first National Day for Reconciliation and Truth Day we should have a brief understanding about what it is and what we should do. This National Day is to commemorate the children who died while attending residential schools as well as the survivors, families and communities that are affected to this day. During this holiday you should attend events and educational workshops that will be held in communities across Canada in order to educate yourself. Or even support a local aboriginal business and learn some of the culture that's been treasured for many centuries. Many businesses dedicated their work to sharing knowledge that would have been lost long ago if not protected. In doing so you will keep the culture's history alive for many generations to come.



Picture from The Cedar Basket website

There are many businesses in Toronto that offer this type of service and you too can support them in what they are doing. Some businesses like Pacha Arts, Whetung Ojibwa Centre, Likely general, The Cedar Basket Gift shop, Craft Ontario Shop gallery just to name a few, all share similar goals in educating the populace about the Aboriginal culture, as long as they're willing to learn. But if these energetic and interactive activities don't interest you, the Whetung Ojibwa Centre and Craft Ontario both have galleries filled to the brim with knowledge. Which one could spend hours just browsing around feeling and soaking in the valuable culture of many generations and more to come. Even if you can't support these companies through their workshops or events, you could always share your opinion and experience on social media increasing their reputation in the process, or even buy items to teach others about it to spread their culture and have it set in stone just like how all cultures should be.

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Support Businesses by Understanding - Continued

Just by spending a bit of time learning from one of these wonderful institutions, you could gain the ultimate power of spreading awareness. This is important because many are still unaware about the horrible past that caused the aboriginal cultural genocide. “Many Indigenous groups are absent from the historical narrative written by those that came after them.” Said by Brooke Manning.

But by spending a few minutes learning about the culture genocide and the treatment of Aboriginals, you may gain something irreplaceable to you and others. Only through understanding and learning will we move forward to a brighter future, a brighter future that involves everyone. “Indigenous awareness is essential. It is so important for non-Indigenouse folks to continuously educate themselves on the impact, history and vastly diverse culture of Indenous people.”Brooke said

Reconciliation would be the first step to accepting this problem. We can further spread awareness through the power of understanding as well as the spreading of the cultural teachings. Not only should we support these companies but we should also build a foundation of trust and understand so these companies can thrive.

The Story of Beautiful Beadwork In Toronto

Every Bead Counts. Every First Nations Count.

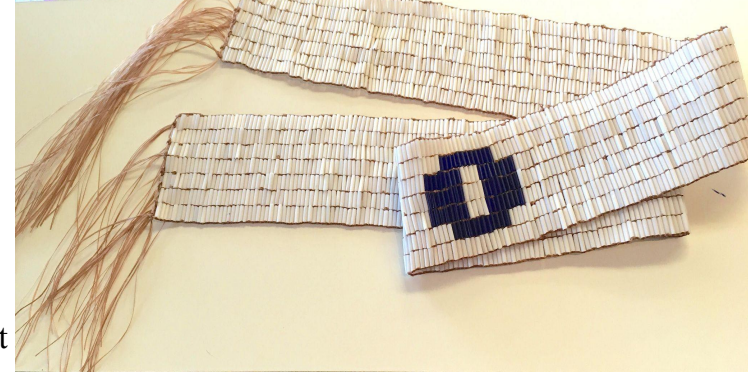
By: Haimi Patel

The First Nations have always been in Toronto and will remain here, giving their knowledge and spreading their unique culture to us. They have shown us sports like kayaking and canoeing, which are the trendy water leisure sports in Lake Ontario. They have introduced beautiful pieces of art and jewellery designs.

Back in the 1500s, the European settlers had come to Canada to trade with the First Nations. In the 1820s, the First Nations were forced to assimilate their culture and knowledge of tradition. In 1996, the Canadian government had chosen to close the last residential school.

The Indigenous are slowly coming out of their shell from the trauma they have endured over the centuries. They now use the past to strengthen themselves and are reviving the world with their culture. In Downtown Toronto itself, the Indigenous are spreading their love and compassion for beadwork that is a part of their tradition and are in every street corner bustling with curious people.

Beadwork originated from the Indigenous and was created in elaborate designs for fashion, currency, and trade. Each tribe of First Nations had different types of styles and symbols in beadwork, which is spread throughout every generation. Some First Nations people use floral designs, or geometric patterns, or more abstract patterns. There are many styles of beading, but two very distinct types include the lazy stitch—often called lane stitch, and the tack or flat stitch.



The “One dish, One spoon” wampum belt. It signifies the agreement of sharing land and peace between two or more nations.

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The Story of Beautiful Beadwork In Toronto - Continued

Original beadwork is made with nature like shell, bone, pearl and stone. They would shape the beads using stone or wooden tools, so the beads were larger than the ones used today. The beads were to string into things like necklaces. When the Europeans came to settle, they gave glass and ceramic beads as gifts and used beads for trade with the Indigenous.

A specific type of beadwork called wampum is significantly important to First Nation culture. Wampum is purple and white beads shaped like small tubes from shells. They were used for currency and made into wampum belts. The belts are used for recording agreements between people, to show relationships and for marriage proposals. Some belts shared the stories of Indigenous groups. The words spoken during an agreement could be recorded and put into a wampum belt for teaching materials. All the different ways had different patterns on the wampum belts.

Other than wampum belts, First Nations people made a variety of things with beads, including breastplates, jewelry, pouches, and dolls. They also created elaborate designs with small beads to decorate moccasins and clothing.

Beads are playing an integral role in repairing cultural ties and spiritual beliefs to Indigenous artists. Beadwork has been and will continue to be significant in representing Indigenous resiliency and highlighting the distinct cultural value of Indigenous peoples. Today, you can find beautiful First Nations beadwork at powwows, First Nations arts stores and in museums.

National

Editor: Prasanna Vinotheeswaran



Breakthrough in Indigenous Culture

The traditions and change in the life of indigenous

Franchellle Joyce & Taibah Akhanda

Indigenous or Aboriginal peoples in Canada refer to the First Nations, Metis, and Inuit peoples.

Indigenous people have lived in Canada since the beginning of time.

For years, indigenous people have been told to keep their cultures and traditions secret. However, people may now feel at ease with their background while also being proud of who they are.

Indigenous people have been tortured and denied the right to practise their customs in the past, but as Canadians, we now recognize the grave errors we made. People today respect and admire indigenous people since they are aware of the numerous challenges they have faced in the past.

When Europeans first arrived in North America, some explorers and traders stole items and property from native people. Then they were forbidden from conducting their rites and traditions, which made things even worse. Even though the land belonged to the indigenous people, people came and tried to take it from them. Indigenous culture and social systems have moulded and developed Canada over time, despite being threatened and in some cases extinguished by colonial powers. While indigenous peoples are now widely recognized among Canadians, they were not always so. Indigenous populations are celebrated in a variety of ways, including in Toronto. Take, for example, Toronto's Native Canadian Centre. It's in the heart of Toronto, and for the past 50 years, they've been working to create a healthy and vibrant urban indigenous community. There are also a number of activities that take place throughout the year but have been put on hold because of Covid.

Indigenous people have been oppressed for many years, but now they are widely recognized and known for their hardships in the past. Indigenous culture and social systems have shaped and developed Canada, and continue to expand and thrive despite great adversity.



Indigenous and their culture

The Needs of Canada's Fastest Growing Population are being Ignored

The Indigenous Community fights back with strength and resilience

Tenzin Namdol & Hetvi Patel

Indigenous people, also known as the first people, have been through a lot. They persevered, showed great resilience and strength throughout these difficult times. Although difficult is still an understatement of what they've endured. Some examples being residential schools, having to fight for their land, and trying their best to stand their ground. For example, in 2020, several Indigenous camps formed blockades to prevent a natural gas pipeline from being built since it would become a disturbance on an ecologically sensitive part of the land that was the home of many treaties, as well as animals such as orcas. If the government executed its plan successfully, homes would be destroyed, and the orca population would become eradicated. Canada is known to be a country that is full of opportunity and freedom. We are known to the world for being kind, welcoming, and accepting. However, we as a country have done a disservice to this community. According to Canada's 2016 Census of Population, there are approximately 1.67 million Indigenous people that reside in Canada. As you can see, the Indigenous community is the fastest growing population in Canada. However, although these individuals help make up Canada's population, their basic rights and needs are not being met.



Treaty of Niagara 1764

Instead, Indigenous people are being stripped of their spiritual beliefs, ceremonies are being outlawed, and traditions are being violated. For example, the Covenant Chain Wampum. This nation-to-nation agreement was one between the British crown and 50 different Indigenous nations. It was a mutual agreement for all parties included to live in peace while still respecting each other's actions and choices that were made. This included accepting the different paths people were on, which meant allowing them to continue with their cultural and religious beliefs. Tobie Loukes, a current teacher at York Memorial Collegiate Institute and an Aboriginal herself, touched on this topic of the Covenant Chain Wampum, and

here's what she had to say. "It was a cooperative agreement, but then only 80 years after that wampum was created, it was almost forgotten because new people came into the government. Every time a new person came, it's like they almost forgot about it, whereas those original British people, as well as the government, took it seriously, and the Indigenous nations never forgot about it." As you can see, because of these unjust events that occurred, there has been a drastic difference in the education and health care they received, struggles to find their cultural identity, and higher rates of unemployment among this community. Indigenous people have suffered tremendously because of our country's mistakes, but now it is our responsibility as Canadian citizens in the 21st century to help this community and prevent the past from repeating itself. The government has been working hard on improving the quality of life of the Métis, Inuit, and First Nations people by making historic investments to create Canada a better place for this population. These investments made towards sustaining Indigenous culture and helping the healing process have assisted in closing the gaps between Indigenous people and non-Indigenous Canadians, but greater efforts are required. You may ask yourself, how do we accomplish this? Well, there are several ways to take action. For example, taking the time to educate yourself on the history of Indigenous peoples in Canada, supporting businesses led by Indigenous people, learning how to properly acknowledge the land we live on, etc. Evidently, there are many simple ways to help this community that can genuinely make a difference, so start now. Create that change.



(The Globe and Mail, 2021)

Reviving the Poisoned water of Grassy Narrows

Small actions and big determination can lead to big steps

Jessica La

Grassy Narrows is the home of many Indigenous people in Ontario. When people think about homes to people, they think about a safe place for the residents to live. So in Grassy Narrows that should be the case, right?

Grassy Narrows is currently dealing with a water crisis. The water in the Grassy Narrows is poisoned with mercury and causes many residents to be sick or die from poison. This problem has been occurring for decades and has been depleting the residents of their water and food source. Residents of Grassy Narrows have been protesting to the government about the water situation and with having no help for years, their efforts have finally started to bear fruit.

Years of protesting has finally gained progress even when their efforts felt fruitless. The residents of Grassy Narrows has finally convinced the federal government to give their part of the deal and give \$90 million to help the waters in Grassy Narrows. As this may look too small of a cost to fully cure the mercury-filled water and the poisoned residents, the residents see it as a big step to Canada securing their promise. These residents never gave up in trying to restore the place they can home even when people would have given up by now. The determination and strength of the Indigneous people shows us to never give up.

Missing and Murdered Indigenous Woman Increasing Throughout The Nation

The endangerment of woman in indigenous Communities

Ayyub Mohamed & Vaashaan Persaud

The indigenous community is a huge part of Canada's history as they were the first people to settle on this land. The indigenous people have gone through many hardships and trauma in the past as they dealt with residential schools, land problems and more. In the present day, they face the issue regarding women of indigenous communities that have been going missing or getting murdered.

The issue was said to have started around the 1980's in a report which states that 1,181 Indigenous women were killed or went missing across the country between 1980 and 2012 along with 225 unsolved cases. The Native Women's Association of Canada, is a big group in Canada that represents the political voice of Indigenous women, girls and gender diverse people in Canada. The group gathered details on around 600 cases and it was found that 67% of the cases were a murder case, while 20% were missing cases. The last 13% were suspicious deaths and cases in which it is unclear whether they went missing or were murdered.



Canada addressed this issue last year and has done things like providing health and support services to survivors and families of missing and murdered women and supporting a national oversight body at the RCMP and commemorating the lives and legacies of the Indigenous women and girls. This was a big step forward for the justice and safety of the indigenous women. The Canadian government has since then worked with groups such as the Pauktutit Inuit Women of Canada, Les Femmes Michif Otipemisiwak and the REDress project to allow Indigenous women's voices to be heard and to build government relations.

The Ontario government's reluctance to properly acknowledge Orange Shirt Day

How the Ford government doesn't deem Indigenous suffering significant enough to have it officially honoured as a provincial holiday

Shujana Alam

After years of torment towards the Indigenous peoples of Canada at the hands of our government, September 30 has become a day to recognize the unspeakable acts that victims had to experience under the residential schooling system. Yet, with the Ontario government's recent desertion of commemorating the important day as an official holiday, it's questionable just how much they care about their Indigenous citizens.

Bill C-5, which proposes to make Orange Shirt Day--officially recognized as the National Day of Truth and Reconciliation by The Canada Labour Code--a national holiday received royal assent to become a federal statutory holiday on June 3, 2021. Prime Minister Justin Trudeau and other prominent Canadian political figures remarked on this event via Twitter, yet the silence from the Ford government was almost deafening.



While many provinces took the initiative to make this important day a federal holiday, the Ontario government confirmed on September 9 that they are not one of them. They had put out a statement saying that employers were allowed to treat the day as a holiday with contract negotiations but that it would not officially be a pardon from work. This elicited a negative response from Six Nations Chief Mark Hill, as he said, "It is not enough that leaders give a few remarks on occasion, only to let pass more formal opportunities to officially acknowledge where we've come from and where we need to go."

Regardless of Ontario's unwillingness to remember the mistreatment of young Indigenous children, citizens should express their support by wearing some form of orange on September 30.

Editor: Deneer Zakaria

Editor: Deneer Zakaria



How Aboriginal People are Excellent on Saving and Using Animals for Resources

An Amazing Way to not only Help Yourself but Everyone Around You

By: David Rendorio and Hamza Dirie

Food preservation is an effective way of saving food and preventing it from being wasted or lost. In fact, communities around the world have been employing food saving methods for centuries in order to prolong their self life. UNEP called the global WED community to share their knowledge on indigenous and traditional ways of preserving food. They're also excellent at using every single part of the animal. These skilled hunters not only preserve the food wisely for everyone to eat, they use the fur for blankets to stay warm, to make clothes, inner lining their buildings and rugs. They use the animal bones for weapons and utensils so they don't waste anything.



Aboriginal people have many ways to hunt for animals. They also fish too. Aboriginal people are excellent fishers as well, catching enough to feed the tribe while at the same time using all the bones and parts for tools and weapons. The aboriginal people are smart as well, finding out ways to preserve their food for long periods of time so nothing goes to waste. A way aboriginal people preserved food was by smoking it instead of salting the products. They decided to smoke the food instead of salting it because salt was much harder to come across. While most of us rely on our dehydrators or ovens for drying meat or fruit, the native people of Canada did it all by hand, relying only on their skill and the power of the sun or fire.

As you can see the aboriginal people were not only efficient but also very clever on the way they hunted and collected their food. They always tried to use all of the animals and only hunted enough for them to eat.

How you can Acknowledge and Support Indigenous Communities

Engaging with Indigenous Communities

By: Kristen Do

There are many opportunities to learn about indigenous culture and lifestyles. From the internet, media, and people of indigenous culture. You can engage and support Indigenous communities from their authentic businesses, donations to organizations, and cultural events. The importance of these is that we can further learn and help spread more awareness of indigenous communities.



How you can support individuals and communities:

The variety of ways for helping the indigenous communities would be very beneficial and appreciative to them. You can directly support them by volunteering, purchasing authentic items, promoting / participating in indigenous cultural events, and donations. There are websites such as “bytribal.com” that support indigenous artisan businesses.

Every September 30th in Canada, we honour indigenous children, survivors, and victims who were sent away to residential schools by wearing orange t-shirts. There are charitable organizations Indigenous charities which can be found on websites like “canadahelps.org”. One of which is from “Legacy of Hope Foundation” which supports the healing process of residential school survivors and families in Canada.

How you can learn about the communities:

Social media can be a great platform for showing activism, and there are many great indigenous activists on these platforms like facebook, and or instagram. Reading books and watching films from indigenous authors will let you learn more about their lives. It is important to continue educating ourselves on the Indigenous communities.

The Value Of Traditions To Aboriginal People

By: Luqman Dirie and Marcellus Hamilton

The traditions of aboriginal people hold great value to their culture and beliefs. Aboriginal people have been in Canada for approximately 23,000 to 12,000 years, these traditions have been kept and practiced. Some of the traditions that have been passed down for centuries are Hunting, Sun dancing, Daydreaming and more. Aboriginal people hunt with tools they make for specific situations like bow and arrows, spears, tomahawks, snares and traps. They lived in small communities and survived by hunting and gathering. The men would hunt large animals for food and women and children would collect fruit, plants and berries.

Culture and traditions have always been important for the aboriginal people because they have been doing it for thousands of years. A very important tradition they have is daydreaming, Dreaming is considered to be both the ancient time of creation and the present-day reality of Dreaming. They make these things called dream catchers, the dream catchers serve to protect children from bad dreams and thoughts. They float down the hanging beads and feathers to sleeping children. Bad dreams, however, are caught in the web. As the first rays of the morning light hit the dreamcatcher, the bad dreams disappear.

Personal and Sports

Editor: Kaitlyn Nguyen



Why it's Important we Remember & Recognize the Importance of Indigenous Peoples

The Long-Lasting Impact of the First Settlers

Written by: Ian Singh

Our land is situated upon many Indigenous territories. Indigenous people play a very important role in the past and current history so we must acknowledge and recognize them since the truth and reconciliation day is coming up (September 30th).

Before immigrants moved to Canada, Indigenous people settled on our land and helped protect, shape and guard our environment, combat climate change, and build durability to be resilient against natural disasters. Not just that, but they have plenty of knowledge which we've continued to learn and grow from in regards to using natural resources wisely and managing them sustainably.

Indigenous people have taught many life lessons that we need to learn and expand from. Some of the lessons being that money doesn't provide happiness, spend more time with family & friends, build relationships with our local and extended community, don't waste resources, and most importantly, prioritizing peace & equality. Furthermore, Indigenous people taught us to be considerate and accepting. According to E. C. Montana one of the Indigenous customs is to, "Show each person the courtesy to let them choose their way of life and their beliefs, then respect it, provided they do no harm to others, be it mankind, the animals or our Mother Earth." We need to celebrate Indigenous people in order to remember, preserve, and grow their unique lifestyle.

My parents are from Guyana, where Indigenous people make up about 9.16% of the total population (791,241). Indigenous people in Guyana have been and are still being credited with the invention of the canoe, special meals made out of Cassava, and most importantly, for creating the national dish of Guyana which is called Guyanese Pepperpot.

Being a child of parents who have emigrated from their home country where Indigenous people have had a big impact on their food, tradition, and way of living, it makes me realize how many lives have been impacted in such a positive way. The Indigenous people have influenced me to make the most of the resources we have, respect the land we're situated upon even more, and also inspired me to play the drum, which is a huge part in Indigenous music.

Therefore, we need to be celebrating Indigenous people by recognizing the importance of what they've done to improve the lives of future generations as well as the essential life skills they've taught us.

Have we shown Gratitude to the Indigenous for their contributions in Sports?

The Salient Impacts of the Indigenous on Canadian Sports.

By: Aakanksha Parekh

September 30th is Truth and Reconciliation Day, a day to learn and reflect on Indigenous cultures and contributions to Canada. We play and spectate entertaining sports such as Lacrosse. Not many are aware that it originated from Indigenous communities. Later it was modernized by Europeans.



Paddling sports like kayaking and canoeing were innovated by Indigenous people for the sole purpose of survival. Drew Hayden Taylor states in his article, “Historically, kayaks and canoes were the life’s blood of Inuit and native communities. They were vital means of transportation and survival”.

One of the most popular adventure sports, Bungee jumping, has Native origins. As a coming-of-age ceremony, young Indigenous boys would build platforms, tie their legs to veins and jump off to convey their courage and ingress into adulthood. This ritual soon developed as "Bungee Jumping”

Indigenous athletes have represented Canada at great heights. Despite facing several obstacles, such as being restricted from athletic competitions and put into separate divisions, the Indigenous athletes remained determined and showed resilience.

An exemplary model is Tom Longboat. He was an Onondaga long-distance runner. He won the Boston Marathon in 1907 and represented Canada in the Olympics. To honour his excellence, Canada founded the Tom Longboat Award. Several Indigenous athletes like James Lavelle, Waneeq Horn-Miller, Jordin Tootoo, and Sharon & Shirley Firth were awarded the Tom Longboat Award.

Indigenous communities have excelled in sports and also introduced the world to their beautiful art and traditions. They gave Canada its first National sport. This Truth and Reconciliation day, we should show gratitude for their contributions.

Indigenous Families and How They Live

A Way of Living That's Different From Ours

By: Jason Tran

To most of us, family is just a mother, father, siblings and grandparents if we think of extended family. But to Indigenous peoples, family is much more than that. To Indigenous peoples, their whole community is their family, and family is crucial in Indigenous culture and how they live.

The way Indigenous peoples live is very different from how we do. Family is the cornerstone of Aboriginal culture, spirituality and identity. Those involved in their lives commonly include grandparents, aunts, uncles, cousins, nieces and nephews. Furthermore, community members are all considered to be family. You can kind of think of it as a small town where everyone knows each other; everyone in a tribe or nation will help out. There are usually three essential roles within a family; agriculture, pastoral, and hunter-gatherer. Those not doing the above-mentioned roles are looking after and taking care of children.

Now let's compare that to how we live. You might be living with your parents and siblings or even with your grandparents. One or both of your parents probably go to work. I live with my mom, dad and two younger brothers, and both of my parents go to work. However, I'm not super close with my parents which is something that I think many people have as well. Although my family doesn't have set roles on what to do, family still plays an important part in my daily life.

Indigenous peoples have a way of life that is different from what we are used to. It's important to learn these things since they were the first ones here, and the least we can do is to respect that.