



**Native Alliance of
Quebec
Outaouais Region
Community**



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Kwé Kwé

Newsletter

Volume 12 - Number 1

Summer 2021

Message from the President —June 2021

KWE Dear members,

I hope you are doing well. What an ordeal it has been! It makes us realize what is important: family, friends, neighbors and socializing. These are important.



We can thank all those who have worked so hard to protect us from this virus. Especially the front line workers. The Vaccination even if some people are septic, works. The results prove it. Continue protecting yourselves, we are winning the battle.

Despite the constraints due to the pandemic, we have continued working for you via email, telephone and meeting virtually. It was a challenge but our team adjusted well. We look forward to seeing our members again at the next AGA. It is a chance to catch up on the latest news and answer your questions.



In closing, we ask that in your own way you honor the day of the summer solstice. June 21 is a very important day for us it is the longest day of the summer as well as National Indigenous Peoples Day. In the meantime, the board of directors wishes you a wonderful summer and to enjoy our beautiful nature.

Happy reading,

Monique Marcil Morrissette
President

Medicine Bag Workshop

We would like to know if you would be interested in a workshop on how to make a medicine bag from deer skin that will be held after the AGA planned for September 12, 2021 at approximately 1:00pm. The location will be at the Chevaliers de Colomb of Aylmer Hall at 78 Principale Street in Gatineau (Aylmer sector). The duration of this workshop will be approximately 60 minutes and will include the material at \$10 per person for members in good standing and \$20 per guest. **If you are interested, we ask that you contact us either by email at aaqcommnaute059@live.ca or by telephone at 819-743-1411 before August 15, 2021.** A representative will then contact you with more details on the payment method to reserve your place and your crafting kit material. In the event that the health regulations do not allow us to hold this workshop, we would then postpone the workshop until after the pandemic when it will be safe to hold a gathering.

The medicine bag comes from the Indigenous culture and is a spiritual container that often takes the form of a small leather bag. It can be filled with one or more sacred objects and worn around the neck to keep them close to the heart. The wearer may be a person who feels a strong connection to nature, an affinity for a particular animal, tree or plant..., a person returning from a healing quest with a new medicine...or simply use it as you see fit. You can even as a traditional Indigenous decoration.

Instant contact can be used for self-healing and healing others. It is not the size of the bag that matters, but what is inside. Medicine bags can be as small as an inch and worn close to the body. They can be the size of a paperback book, a deck of cards, or large enough to hold a drum, whatever medical object or tool the bag was designed for. Red wool has traditionally been used to wrap larger objects in bundles and keep the medicine safe inside. This is because spiritual power needs to be kept contained and bounded or it can leak out and can affect its surroundings. The color and fabric also serve to protect the spirit of the medicine and "put it to rest" until it is time to open the bag and "wake up" the helping spirit again.

You can use it for any object that you feel a particular attraction to or resonate with that has personal significance. Your bag may contain leaves, herbs such as sweetgrass, sage, cedar, lavender, seeds, beans, berries as well as other items that you consider important. Have you ever encountered a small object such as a quartz crystal, a shell on the seashore or a feather that seemed to be waiting for you to pick it up? You take it home but you do not know what to do with it... Ask yourself why you want to take this object with you.

Bless Mother Earth, her creatures and the Spirits for giving you this gift by leaving a pinch of tobacco or a lock of hair in its place. Before placing your items in your bag, take a moment to bless them and recognize their significance in your life. We carry the medicine bags close to our heart for a quick and easy connection to guidance, healing, protection and a reminder of the spiritual strength that awaits you from within.

Your medicine bag is a personal sacred object. It should not be opened by anyone else. Show some of the contents to another only if you feel compelled to do so or for a good reason. It contains sacred objects, which help you heal, offer you protection and your objects connect you to your powerful animals, guides and angels. The essences of these special objects create an energy in your domain and this energy is the force that represents and assists you. Think about how each element represents your own healing power, perhaps to guide, help and protect others.

Wearing a medicine bag on your hip or wearing one near your heart will increase awareness of your own sacredness and proximity to a particular guide. As you grow in life, you may find yourself giving an item or receiving a new gift to put in your medicine bag. This is your empowerment, your connection to your spiritual nature. There are many different ways to make a medicine bag. We look forward to hearing from you!



Scholarship Program

Wishing to address the lack of scholarships available to students created by the numerous refusals following changes in the selection criteria of the Indspire program, the Native Alliance worked with the Congress of Indigenous People to improve the offer of scholarships for Indigenous people living off the reserves in the province of Quebec.

It is with great pleasure that the Native Alliance announces that the contract for the Congress of Indigenous People, ASETS Scholarship Program has been renewed and enhanced for the year 2020-2021. Please contact Ms. Yvette Chapman-Beaudoin by email for more information about this program and to see if you are eligible.

Criteria of eligibility:

- ✓ Must be a member in good standing of the Native Alliance of Quebec
- ✓ Must be in a post-secondary program (CEGEP, DEP, DEC) of 2 years or less (or the last 2 years of a 3-year post-secondary program) from a provincially recognized educational institution leading to a diploma or be in the last year of a university program (only the last year of a university program is eligible)
- ✓ Must not work more than 20 hours during their studies
- ✓ General or "Bridge" programs (such as college programs leading to university, e.g. DEC in Humanities or Natural Sciences) are not eligible.



All students' situations are different. Each will be treated with the respect they deserve. We are aware that our members have needs and we will do everything we can to help them. If you believe you meet the criteria or have any questions, please do not hesitate to contact us at the e-mail mentioned above.

The scholarship program provides financial assistance for:

- ✓ Payment of registration fees
- ✓ Purchase of books or materials
- ✓ Transportation
- ✓ Living expenses (rent, internet, etc...)

Please note: The amounts available are limited. There is no deadline to apply for the scholarship program but it is recommended to apply as soon as possible. Applications will not be processed until they are complete, so be sure to provide all required documentation when you apply.

Please note: It takes between 4 to 6 weeks to receive a response once all the necessary documents have been received.

Email contact : bourses@aaqnaq.com

You have surely learned through the media, the very sad news of the 215 Indigenous children on the site of the former residential school in Kamloops, British Columbia. In addition to the death of Joyce Echaquan, an Indigenous woman who died at the Joliette hospital in Joliette, Quebec. We are wholeheartedly with our brothers and sisters and we would like to offer this prayer from

Holy KATERI TEKAKWITHA, pray for Us

Lord, by your Grace you have made the pure and tender Lily, Kateri Tekakwitha, bloom on the banks of the Mohawk River and the St. Lawrence. Please grant us through our prayer the Grace we ask of you, (to protect us and our loved ones) through Kateri this little lover of Jesus and his Cross, now lifted to the rank of the saints.

By her innocence and faith, may she be for us a model of love, purity and courage.



Word of the Membership Director — Update

We receive a lot of requests for:

1. Card renewals
2. New memberships, and
3. Information regarding the progress of files.



We forward your requests to the Provincial office promptly, but understand your concerns regarding the time between the processing of your application and delivery of your new or first membership card.

The membership section has been making every effort to reduce the wait times. We can blame Covid for this. However, many families were able to benefit from the \$100 grocery card provided by the Provincial Office. While staff members were busy getting these cards mailed out, renewals and new memberships were on hold, which increased the wait times.

In addition, all membership cards expire within the same year, which creates extra work for the provincial office staff as well as our community volunteers. We are working hard to respond to you within a reasonable timeframe.

Patrice Pharand, Membership Director

Word of the Secretary-Treasurer — Update

This year, new laminated cards valid until 2026 were sent out to all members in good standing. For those who missed it last year, in order to receive your new card, you must pay your membership fees by September 15, 2021 and complete the renewal form and provide a new passport photo. Instructions are available on the provincial office website at www.aaqnaq.com or you can contact us if you have any questions.

We ask that you communicate with your region through email at aaqcommunaute059@live.ca or by telephone at 819-743-1411. You can pay your membership fees by cheque, Money order to P.O. Box 502, Gatineau, Qc, J9H 5E7 or by electronic transfer to the above mentioned email address and please ensure to include your name and membership number.

Remember we are volunteers and work hard to keep our community vibrant. We are always looking for people like you to volunteer!

Lucie Veilleux, Secretary-Treasurer

2021 Board of Directors

Community Elder : **Monique Renaud**
 President: **Monique Marcil Morissette**
 Vice-president: **Larry Vanasse**
 Secretary-Treasurer : **Lucie Veilleux**
 Director Membership : **Patrice Pharand**
 Director: **Renée-Claude Pallister**
 Director : **Robert Simard**
 Youth representative: Vacant
 Head of housing committee: **Jacques Périard**

Reflexion

*To get vaccinated,
it is to protect yourself and
to protect your neighbor*

**Native Alliance of
Quebec
Outaouais Region
Community**

C.P. 502
Gatineau (Québec)
J9H 5E7

Phone :
819-743-1411

Email :
aaqcommunaute059@live.ca

Our ancestors lived on
Turtle Island for over
10,000 years. We are the
protectors of
Mother Earth.
Here in the Outaouais
region, we live on a
traditional, unceded
territory of the Algonquin
Nation

Kwé Kwé!
Native Alliance of Quebec
Outaouais Region
Community Newsletter

Page set up :
Renée-Claude Pallister

English Translation:
Kimberly Perrier

Send us your texts, pictures
and comments by email:
kwekwe.outaouais@gmail.com
Or phone us at:
819-743-1411

The Annual General Assembly 2021

The next AGM is scheduled for Sunday, September 12, 2021 at 10:00 a.m. at the Aylmer Knights of Columbus Hall located at 78 Principale Street in Gatineau (Aylmer sector). For the time being, we are able to plan the AGA as the health regulations have recently changed, allowing us to hold this event.

An official invitation will be sent a few weeks prior to the AGA, confirming the event will take place as planned. All those wishing to participate will have to follow the health regulations in effect. The invitation will be sent via email and by mail for those who do not have access to email.

Pow-wow season

This season is important to us because it is a time to celebrate, to show our pride in belonging to this group and to reconnect with our roots. Unfortunately, due to health constraints, the annual trip to the Kitigan Zibi Pow-wow was unable to take place.



We encourage you to check newspapers for information regarding opportunities to participate in activities with your family.

Upcoming Events

AGA
Sunday, September 12, 2021,
10:00a.m.
Chevaliers de Colomb of Aylmer Hall
78 Principale Street in Gatineau
(Aylmer sector)

Medicine Bag Workshop
Sunday, September 12, 2021
After the AGA, 1:00pm (approx)

Christmas Party
December 2021, date and time to
be determined

Avez-vous réglé votre

La cotisation doit être payée à tous les ans, le 15 septembre, pour l'année 2021.
Pour autres renseignements, veuillez nous rejoindre au : 819-743-1411

Did you Renew your fees?

Membership fees are due annually, on September 15th. For more inquiries, please call: 819-743-1411