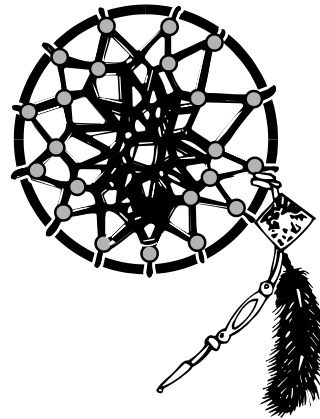


I WOULD LIKE TO SHARE A FEW FACTS ABOUT MYSELF WITH MY COMMUNITY.

1. I am a Traditional Woman Dancer
2. I am a mother of two young children raising them with the knowledge of native values and beliefs. My husband is a very wonderful man who supports me in my beliefs.
3. I attend/conduct sweat lodge ceremonies to keep my spirit strong
4. I live a traditional lifestyle, refraining from drugs and alcohol
5. I am actively involved in the community events
6. I strive to be a role model for our community
7. I try to understand our differences as this is what makes us unique



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**CULTURAL
ADVISOR**

A SINGLE BLADE OF SWEETGRASS IS VERY BRITTLE AND CAN EASILY BREAK. A BRAID OF SWEETGRASS IS LIKE A FAMILY AND IS VERY STRONG AND WILL LAST FOREVER.

WE HAVE TO LEARN TO WORK TOGETHER TO BETTER OUR COMMUNITY FOR OURSELVES AND FOR THE FUTURE OF OUR CHILDREN.

GOALS

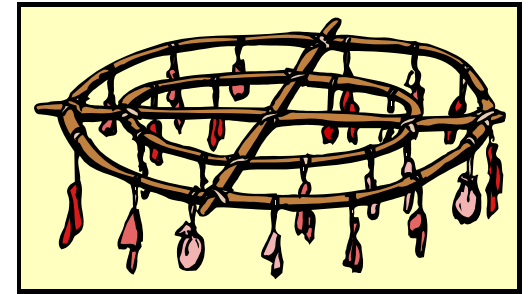
IN ORDER FOR US TO HAVE A FUTURE WE MUST REMEMBER OUR PAST. BY LEARNING OUR ANCIENT SONGS, MI'KMAQ CRAFTS, AND SOME TEACHINGS FROM THE ELDERS; WE CAN REVIVE OUR OLD WAY OF LIVING IN HARMONY.

MY GOAL IS TO SHARE THE TEACHINGS THAT I AM CONTINUALLY LEARNING WITH ALL WHO ARE INTERESTED.



SOME OF THE KNOWLEDGE I CAN SHARE

- Dream Catcher Classes
- Moccasin Classes
- Medicine Bag Classes
- Bead work Classes
- Mi'gmaq Song Classes
- Drumming/Dancing
- Sharing Recipes of Traditional
- Story Telling, Sharing of Stories, Talking Circles
- Teachings of the Medicine Wheel
- Sweat lodge Teachings
- Teaching of our Sacred items and learning how to use them
- Pipe Ceremonies, Sunrise Ceremonies, Fasting, Sundance, Tobacco Offering, Smudging



THE WEBBING IN THE DREAMCATCHER IS ALL INTERTWINED AND EACH RELYING ON THE OTHER TO HOLD ITSELF TOGETHER.

OUR LIVES IN THE COMMUNITY SHOULD WORK IN THE SAME WAY. TO MAKE A BEAUTIFUL DREAMCATCHER IN THE COMMUNITY, LETS EACH LEARN TO WORK TOGETHER, EACH RELYING ON THE OTHER TO HOLD US TOGETHER.

I AM REALLY LOOKING FORWARD TO SHARING SOME OF MY TEACHINGS AND BEING PART OF THIS NEW FUTURE GROWING IN PABINEAU. KNOWLEDGE IS CONTAGIOUS, SO LETS ALL GET INFECTED.