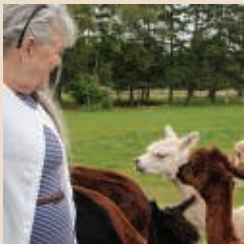


“ I think that animals - especially alpacas - are such a beautiful, graceful animal and watching them in the field does the heart very good. The grace and gentleness of them is truly amazing. I see this every day and I often think how thankful I am to be a part of this wonderful life. At this point in my life, I feel I am very lucky to have this opportunity to share my animals' stories and to give our young people some joy about living on a farm and being an Elder. It allows me to look back in gratitude and moving forward to share the stories. Some of our stories are sad and some give us much fear, but when we move ahead, we teach our next generation that perseverance gives us character. We will always have much to pass on to our next generation. ”



- ELDER DOREEN JENKINS

“ Our group started in 2009, when the first poems were written for the play. The first show was in 2011 once we had a talented group of young actors to work with. This year we have 22 young people that travel all over PEI to share the drumming, the dancing, and the stories. We went from 2 shows a year to over 100 shows a year since it began. We are constantly working on new content, developing new young actors, including new stories, and reaching out in many ways - from openings of events to cultural lessons in the schools. The main goal is to promote a pride in our young people and to learn, celebrate and share the rich and beautiful history of the Mi'kmaq. ”



- MI'KMAQ HERITAGE ACTORS

Epekwitk (Prince Edward Island) is located in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. The Epekwitnewaq Mi'kmaq have occupied this Island for over 12,000 years. We honour the “Treaties of Peace and Friendship” which recognized Mi'kmaq title and established an ongoing relationship between nations. We are all Treaty People.



As Mi'kmaq, we share our teachings and honour our traditions with young and old alike. Hear our stories, and learn more about Mi'kmaq culture at [lnuey.ca/culture](http://lnuey.ca/culture)



CELEBRATING OUR  
**CULTURE**  
SHARING OUR  
**STORIES**

“ It is a high honour for me, I worked my whole life to be an Elder. To be able to communicate with the community... when they ask me questions, I very slowly think of my answers, I like to think of the answer first. I have great respect from the community, Elders, youth, and I feel I earned that. I am very happy to be where I am right now. The medicines to me are very important. I was taught about medicines when I was a child going into the woods with my aunts, my Mom and Dad and uncles - learning about all the roots, berries, leaves, ferns, all the medicines we have. I have learned all my life about them, and I have used them.”



- ELDER GEORGINA KNOCKWOOD CRANE

*What it's like to drum:*

“ Drumming is special to me because when we're all together on the big drum, we get to be one unified voice. And learning the songs helps me feel closer to everyone who came before me who spoke the language.”

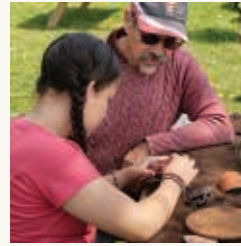


*How he got into graphics and his comic book series:*

“ I sat down and started drawing one day. And it snowballed into its own entity. I rediscovered an old love of mine, and I didn't want to put it down.”

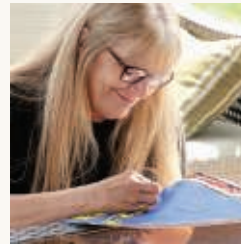
- RILEY BERNARD

“ Quite a while back, when I was little, we had to help our parents with the pounding of the ash, the splitting, going into the woods to get the white ash and maple. I was very young. Then I left it for a bit, and came back to it, when my wife and I were up at West Point. I saw a basket there and I told her, “I could make a basket better than that”, and she said it was her Uncle's basket, and to prove it to her that I could. So I started again - that was about 20 years ago. I love that my daughter is doing quill work, it is a really good feeling to know she is getting into the native crafts. I love it, it makes me proud.”



- KEPTIN JIM BERNARD

“ I started sewing when I was around 8 or 9 years old and didn't do too much with it until we moved to Canada. For the making of regalia, it started when I attended my first Pow wow. I was overwhelmed by the regalia that I saw, so I started with ribbon skirts for children. It makes me very humble to know I am capable of doing this for my community. I have done many workshops with youth and a couple with the Elders, and have them try to make their own, and when they succeed you can see the pride on their faces that they have accomplished something. They can wear it too and show it off.”



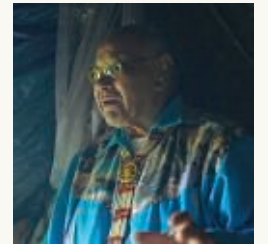
- CORINNE CHAPPELL

“ Mawi'omi is extremely important to me as it is my way of life. Without it, I'd be lost. Traditional baking is important because it's how our ancestors survived, it's what kept them healthy. As Mi'kmaq people, our diet was very different from today's world. It's important to acknowledge our tradition and to keep it alive, as well as teaching our youth of how things used to be done. Showing the youth how to cook and harvest traditional food is important because it's a part of our identity.”



- KELLY SARK

“ The meaning of the sweat lodge is the spiritual and physical cleansing - it also rejuvenates you too. They would have a sweat before the hunt and after the hunt. You know when you are in there, you don't talk to each other, you talk directly to the creator. You open your spirit up to the creator. If people are having some problems, they can all add their thoughts...because like it or not, we all have the same problems, so we all have an idea of how to help. We learn while we are in there, and we listen. It is a spiritual place, respect for yourself and others in there, and further to those in your community. Not everyone can fit in, there is not enough room, so you pray for your community and your nation.”



- KEPTIN JOHN JOE SARK