

kehokatowin Project

**kehokatowin:
visiting together to be well**

This word was chosen
for the project by
Liz Durocher and TJ Roy.

Logo coming soon .



Tea and Bannock Newsletter

Spring 2025

LE TEA EKWA LA GALET ACIMOWIN

What is the kehokatowin Project?

The kehokatowin project explores **place- and strength-based** aspirations and experiences of **being well across the life course** for northern Saskatchewan Métis living concurrently in multiple locations (Île-à-la-Crosse, ancestral lands, and Saskatoon).

A specific interest of the team and partners is to better understand how Métis adults and youth (M-AY) primarily located in Saskatoon support those that do not already have strong and meaningful connections established in Saskatoon.

Reciprocally, we would like to understand how M-AY primarily located in the north support those mainly located in Saskatoon to preserve connection to northern family, ancestral land, language, and culture.

What have we been up to?

Since Fall 2024, we have been connecting with project partners to learn more about initiatives and work going on in the communities of Saskatoon and Île-à-la-Crosse.

To date, we have met with:

Partners in Ile-a-la-Crosse – October 2024 (2 visits)

Greater Saskatoon Catholic Schools – November 5, 2024

Project Academic Leads (PIs) – November 25, 2024

Saskatoon Public Schools – December 2, 2024

Meewasin Valley Authority – December 18, 2024

PIs with Knowledge Holders – December 19, 2024

Saskatoon Indian and Métis Friendship Centre–March 26, 2025

Meewasin Valley Authority – April 2, 2025

A visit at Saskatoon Indian & Métis Friendship Centre, 2025

Pictured left to right :
Sarah Oosman, Tamra Knaus,
TJ Roy, Michelle King,
Redeena Laliberte



kehokatowin: Being Well in Multilocal Contexts

The goal of the project is to understand multilocal aspirations of being well in place. Some of the research questions that we are seeking to understand are:

- What are the contexts and circumstances that together shape well-being, considering seasons, and other constraints and facilitators within and between places?
- How do participants place-make? How does walking in, with and across the three places (Île-à-la-Crosse, ancestral lands and Saskatoon) support well-being? How are meaningful social and cultural intergenerational connections included in walking?
- What informal and formal supports are accessed by diverse multilocal Metis across the three places to support being well?

Michif Words

Tansi

Hello

Tawaw

Welcome

Pihtikwe

Come in

Api

Sit

Iskotew



Fire

Iskwew



Women

Tabaa/ostimaw



Tobacco

Kiyam api

Settle down, take a breath, take a step back, readjust, focus

Many thanks to Liz Durocher for teaching us these Michif words & meanings