

kehokatowin Project

kehokatowin:
visiting together to be well

This word was chosen for the project by Liz Durocher and TJ Roy. The project comes from previous work we have done with Île-à-la-Crosse.

Logo coming soon...



Tea and Bannock Newsletter

Winter 2025

LE TEA EKWA LA GALET ACIMOWIN

What is kehokatowin?

kehokatowin means we gather together and share ancestral knowledge to support health and wellness of all generations of Métis people.

What is the kehokatowin project all about?

We want to learn about how Métis adults and youth in Saskatoon and in the North connect with each other, and with family, land, language and culture. We are curious about how Northern Métis take care of themselves and their families while in the cities.

How will we do the project?

We will visit with community members and connect on the land in cultural ways through kehokatowin gatherings. There will be food and music. We will talk about how to be well in the north and in cities around Saskatchewan.

What have we done so far?

- Connecting with partners
- Getting ethics approved with USask and partners
- Planning our first kehokatowin gathering

Stay tuned for info on how you can get involved!

Our Team

We are a team of researchers from USask working for 15+ years in diverse community contexts. We support intergenerational culture-based health and wellness.



Team members at a meeting with Louise Oelke

Sarah Oosman – Tansi! I spend my days teaching physiotherapy students and doing health research. I love skiing and biking (even in winter)! I have spent 15+ years learning from Île-à-la-Crosse folks. I live with 1 dog and 4 cats (at last count), my husband, and two feisty teenagers.

Sylvia Abonyi – Tansi! I am a first-generation Canadian living in SK for the past 25 years. This is where my husband and I have raised our children. Our favourite time together as a family is on the land and waters, especially in northern SK. We have all spent time Île-à-la-Crosse and learned so much from everyone we have come to know. I teach in the College of Medicine and learn in my work with Métis and First Nations peoples of SK.

Liz Durocher Tansi, Liz, nisikason Sakitawak ochi niya! Treaty 10 territory. Hello, everyone my name is Liz, I am a language keeper and Métis from Île-à-la-Crosse. I currently live and work on Treaty 6 territory and homeland of Métis, working with people at USask to improve health research. I lead Circles of Reconciliation and support the staff and students in learning about Métis culture.

TJ Roy I am Thomas J Roy, known as TJ. I was born in the historic Metis community of Île-à-la-Crosse. I am an elder and knowledge holder and I have worked for over 25 years as a grassroots, community minded social justice advocate. I am fluent in Michif, Cree with Y dialect and English. I have spent 10 years with USask on healthy aging research, and kehokatowin. ekosi maka.

Lynette Epp Tansi everyone! I spend my days supporting community-based health research at USask. I love to be outside, on the water, and in the forest. Me and my husband have 3 kids active in soccer, music, drama and school activities. So, most of my free time is spent driving my minivan around town, or cooking for my crew.

Tamra Knaus Tansi! I like to adventure with my husband, busy dog, and music loving 3-year-old. I come from a big family that likes to play outdoors, dance, and eat together (My cousins and I especially love grandma's cinnamon buns).

Heather Foulds (not pictured) I spend most of my time running here and there supporting my four young children. In my (rare) spare time, I practice jigging, playing fiddle, crocheting, and sewing.

Who is involved in the kehokatowin project?

Our partners in Île-à-la-Crosse:

- Sakitawak Elders Group (SEG),
- Île-à-la-Crosse Mayor and council
- Île-à-la-Crosse School Division



Our partners in Saskatoon:

- Greater Saskatoon Catholic Schools
- Saskatoon Public School Division
- Meewasin Valley Authority
- Saskatoon Indian and Métis Friendship Centre



Meewasin



We are gathering a team of people from the partner groups to **create, take action, and participate** in the project.



Saskatoon Public Schools
Inspiring Learning

Michif Words of the Season

pipon



winter

kôna



snow

tahkâyâw



cold

maskwamî



ice

yotin



windy

Formation of the Metis Advisory Council

We will be forming a 'Metis Advisory Council' to guide the project.

We are looking for suggestions on who could be involved.

The 'Métis Advisory Council' (MAC) will include Métis older adults (Knowledge Holders) and youth. The roles and ideas for the council will be created at the first kehokatowin gathering.

The MAC will meet regularly in person or online. If connecting online is a challenge for you, we can help!

Reach out to us if you or someone you know may want to be involved!

Questions? Ideas? We'd love to hear from you.

Call or Email Sarah Oosman at (306) 966-8260 or sarah.oosman@usask.ca