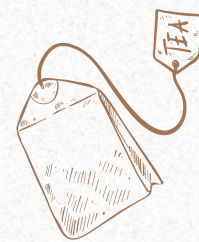




THE TEA

INDIGENOUS NEWSLETTER



This Issue:

- Student Spotlight: Teryn Mecas
- Staff Introduction: Deidre Gregory
- October Calendar
- September Pictures



STUDENT SPOTLIGHT:



Teryn Mecas

Hello, my name is Teryn Mecas.

First things first, I'm the mother to Deklyn and Adalyn Mecas, first year Brandon University Student, in the Pre-Psychiatric Nursing program.

I am from Waywayseecappo First Nation, and Brandon has been home since 2018.

I have recently gained a diploma for Intensive Applied Counselling at LINKS Institute, April 2024. And soon realized, I wanted to learn more and continue studies here on campus.

I have a passion for wellbeing, mindfulness, and mental health. I also take pride in connections with family, friends, peers, colleagues, and acquaintances.

“Be a nice person”

Anyway, that's me a little bit of me. Hope to see you around, you can find me studying or at home 🍷



STAFF

INTRODUCTION:

Deidre Gregory



BOOSHOO! HELLO!

My name is Deidre Gregory and I am a mom, daughter, sister, Koko and friend. I have three adult children, grandchildren and great-grandchildren. I am an Anishinaabe Ikwe with roots in Ebb & Flow and Duck Bay, MB. I grew up in Bacon Ridge and have called Brandon home for the last 30 years. I work at Brandon University; I am the Indigenous Student Transition Coordinator in the Indigenous Peoples' Centre.

I graduated from Brandon University with my Bachelors of First Nations and Aboriginal Counselling in 2009 and my Masters of Education with a specialization in Guidance and Counselling in 2019.

My favorite part of my job is getting to help students on their education journey. I am a helper and look for ways that I can help; it is my honor to hold space for students.

When I am not at work, I enjoy spending time with my family. My parents have been my role models and have helped me to become the person I am today. My parents have instilled in me the importance of education. I also instill the same values in my own children.

Education is the New Buffalo!

OCTOBER CALENDAR

COMMUNITY SAFETY AND WELL-BEING PLAN PRESENTATION

15
12:40pm

IPC

Indigenous voices are essential throughout the process! Share your views on community safety and incorporate stories of lived experiences.



Find the link for you to complete the survey on your own time: [HERE](#)

15
2:00pm

IPC FALL POTLUCK

Indigenous Peoples' Centre



OCTOBER CALENDAR

BEADING WITH ANISHINAABE ELDER BARB BLIND

15, 22, 29

Join Anishinaabe Elder Barb Blind, Fine Arts Professor Kevin Mckenzie and the world famous Beading Babes

IPC

Open to all levels of beaders - *New to experienced*
Weekly on Tuesdays 12:40 - 1:30 & 5:30 - 7:30pm



FULL MOON CEREMONY

17
7:00 pm

This is a Women's Ceremony. Please bring:

- A skirt
- Towel
- Change of clothes
- 1 meter of yellow Cloth
- A food item for the feast

East Site



COMMUNITY HEALING BEADING PROJECT

17, 18
12:30 pm

Join Jessie Jannuska as she hosts beading workshops in the IPC. Jessie is creating a large, mixed media beading artwork with the community to become a part of her touring art exhibit titled, "Mending with Tradition". She welcomes others to come and create a beaded piece to add to help form a large, beaded wall.

IPC



OCTOBER CALENDAR

18
12:00 pm

Through Truth and Consequence Cards, participants can explore iconic Canadian historical events in this immersive, thought-provoking, TRUTH-telling educational board game.



BU CARES

Register here: <https://www.eventbrite.ca/e/nourished-truth-and-reconciliation-board-game-tickets-1036974688207?aff=oddtcreator>

DRUM SONGS WITH SUSIE

21, 28
3:30pm

Weekly on Monday afternoons
Join Cree Knowledge Keeper Susie Mcpherson Derendy to learn and practice drum songs

IPC



Crib Night with Metis Elder Joan Church

21
5:00pm

- Snacks provided
- open to BU Students

IPC



OCTOBER CALENDAR

SQUARE DANCING PRACTICE

22

12:30pm

Join championship dancer Vince O'Laney as we practice square dancing in preparation for Our Journey Graduation Celebration 2025.



IPC

Everyone Welcome!

BEADING WITH METIS INCLUSION COORDINATOR NICOLE BRAUN AND METIS ELDER JOAN CHURCH

23, 30

12:00pm

Wednesday, October 23
Wednesday, October 30

Metis Room



TEACHINGS HOUSE

24

12:00pm

Etuaptmumk Two-Eyed Seeing: Bringing together different ways of knowing

Bannock and Refreshments provided

He Oyate Tawapi



OCTOBER CALENDAR

HORTICULTURE THERAPY

SESSION #3

24

3:30 pm

IPC

Horticulture therapy is the use of plants, plant based materials, and plant-based activities to achieve specific therapeutic goals such as stress relief, improve mood, and attention



HAPPY BIRTHDAY OCTOBER BABIES

25

12:00 PM

IPC

Join us in the ipc for cake and ice cream. October babies have opportunities to win prizes!



HALLOWEEN PARTY

31

12:00 PM

IPC

Join Native studies and the IPC team for karaoke and pizza!

Dress your best, there will be prizes





Orange Shirt Day





Autumn Equinox Feast hosted by the Library and IT Services.



OWL CALLING

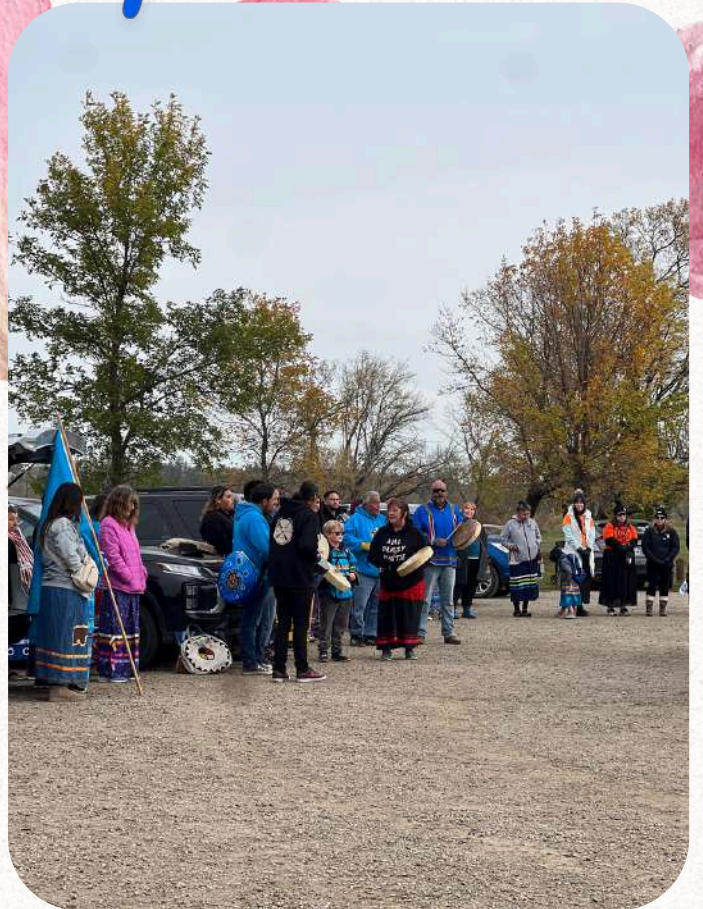
When you hear the owl calling...

A story of healing and reconciliation





Sisters in Spirit



We Want to Hear From You!

Community Safety & Well-Being Plan

Brandon's Community and Safety and Well-being Plan seeks to identify safety concerns within the community and develop a systematic plan to implement long-term, preventative solutions that address underlying causes. We want to ensure that Indigenous voices are heard throughout this process! We want to hear your views on community safety and incorporate stories of lived experience.

October 15th @ 12:40pm

Indigenous Peoples' Centre
Brandon University
Incentives for participation



A Safer Brandon is in Your Hands

Julia Stoneman-Sinclair
Director, Indigenous Peoples' Centre
Phone: 204-727-7443
Email: Stoneman-SinclairJ@BrandonU.ca
OR

Lorissa Norquay
Project Team Member (CSWB)
lnorquay@pmh-mb.ca



Online Survey Link:

www.brandon.ca/community-safety-and-well-being-plan

Métis Student Mentoring

11:30am-12:30pm

Métis Room (CHO 202)

- Math help
 - Introduction to Statistics
 - Core Math
 - Basic Math
- Studying help
- Essay editing/assignment help
- Quiet study space



Dates

October 7

October 9

November 18

November 20

November 25

November 27



KNOWLEDGE KEEPER OFFICE HOURS

JOAN

CHURCHJ@BRANDONU.CA

Mondays 12:00 - 2:00
Wednesdays 12:00 - 2:00

SUSIE

MCPHERSON-DERENDYS@BRANDONU.CA

Mondays 3:30 - 5:30
Wednesdays 9:00 - 12:00

BARB

BLINDB@BRANDONU.CA

Tuesdays 12:30 - 2:00 & 5:30 - 7:30
Wednesdays 9:00 - 2:00

- Available to meet by request



ACADEMIC SUPPORT

IPC DROP IN TIMES



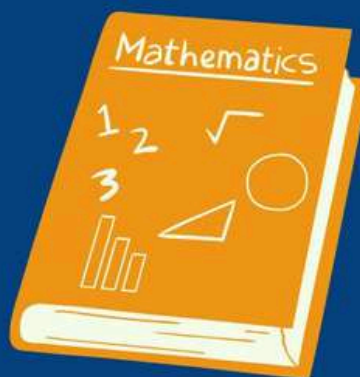
Library/ Research Help

Thursdays
10:00 - 12:00pm



Learning Skills

Starting November, 14
Thursdays
10:00 - 12:00pm



Math Support

Tuesdays
10:00 - 12:00pm



Academic Advising

Tuesdays
1:00 - 3:00
Wednesdays
10:00 - 2:00

IPC@brandonu.ca



IPC Academic Advising

DROP IN HOURS

TUESDAYS 1:00 - 3:00PM

WEDNESDAYS: 10:00 - 12:00PM



BU TEACHINGS HOUSE

A gathering place for the sharing of Indigenous knowledge.
A gathering place for all Nations.

Etuaptmumk | Two-Eyed Seeing

Bringing Together Different Ways of Knowing

Thursday, October 24 @ 12:00 p.m.

He Oyate Tawapi Ceremony Room (Rm 141)
Health Studies Building, Brandon University

Join BU Knowledge Keepers as they share teachings that reflect the importance of respectfully bringing together different ways of knowing, to learn and lead in a way that draws on the strengths of our diverse knowledges and experience.


Hosted by the Indigenous Peoples' Centre.

All are invited to attend!

Coffee, tea, and bannock provided.

An initiative of the BU Indigenous Education Senate Sub-Committee.

BU Teachings House gatherings are open invitations to students, faculty, staff, alumni & the broader community to reflect, listen and share.



The IPC and Native Studies
Department invite you to our

HALLOWEEN PARTY

OCTOBER 31, 12:00 PM

- Pizza
- Karaoke
- wear a costume and enter our prize draw!



Join us for an exciting
**COMMUNITY
HEALING BEADING
PROJECT**



Brandon University Indigenous People's Centre is generously hosting BU Fine Arts Alumni Jessie Jannuska to teach Beading Workshops at the IPC. Jessie Jannuska is a Winnipeg-based Indigenous Visual Artist and Art Workshop Facilitator.

Jessie is creating a large, mixed-media, beaded artwork with the community. Come learn how to bead and create a beaded piece that will help form a large, beaded wall.

Beading Workshop/Info Sessions:

Location: BU Indigenous People's Centre

OCT 17TH, 2024 – 12:30–3:30 PM

OCT 18TH, 2024 – 12:30–3:30 PM

Currently open to Indigenous BU Students, BU Beading Babes, and BU Fine Arts Students. Beginners welcome. All supplies included.

More sessions to follow.

Please register. Spots are limited.

Email: commhealingbeadingproject@outlook.com



word of the month

Good

Takakhi - Inineew

Wašte - Dakota

Mino - Anishinaabe

Si-boon - Michif



***Do you have
anything to share
in “The Tea”?
Let us know!***



Contact IPC@brandonu.ca

**THANK YOU!
MIIGWECH!
WOPIDA!**



**MARRSII!
KINANASKIMOTIN!
NAKURMIK!**