00:00:08:21 - 00:00:25:16

June Commanda

And there was one person in our group and we were asked to all say something, and I said, “We have to go back to our old values.” And this man says “Values? What's that?”

00:00:29:08 - 00:00:55:17

June Commanda

And I and I told him, you know what values are, like, it's our grandfather’s teachings. It's the way we lived, the way we helped each other. Yeah. That's what they are the old values that we've lost, that we had, that our grandparents had that have kind of fallen away now. We don't look after our neighbour. If somebody was putting up a shed,

00:00:55:17 - 00:01:27:28

June Commanda

everybody came. And there was a fire at one time and even grandmothers, they brought their pail. Because the roof was burning on that house, they were able to save it. They ran to the lake, getting pails of water. All the people from the village put that fire out. That's the way it was. And the church bells would ring if somebody died, kind of told everybody. It was a message.

00:01:27:28 - 00:02:03:07

June Commanda

Then everybody would come out and somebody would come around and so-and-so passed away. Same with medicines. And some medicine people specialized, but you kind of knew the ones. “Oh I’ve got this cold sore. What do I do?” Like, somebody knew what to use. That was good way of life. Show them care and respect. Like, you know, even don’t look down on anybody.

00:02:03:28 - 00:02:38:13

June Commanda

And I remember telling a fellow Councillor when something came up about a person's needs and “Oh, he's like this. He drinks a lot” and all that. And I told him just put a bag over your head like, you know, you don't have to see who they are. Look at the needs. So with Wiidooktaadyang, that's what our being mindful of like to live the values our grandparents did.

00:02:38:13 - 00:02:57:00

June Commanda

Like look at the person as a... as the Creator would. The Creator looks at your soul and your spirit. No, not your older appearance. You may be in rags, but to Him you’re gold.

00:02:58:15 - 00:03:46:03

Cheryl Shawana

When I think of Nipissing First Nation having-- as a member here, I grew up in Duchesnay and I've been working here now 24 years in the role that I carry as a mental health therapist. And something that I see as a community member, and these I think are true to that spirit of community support. Like, I just think of in times of grief when we experience a loss in the community and, you know, to no exception, I think we've at times there's lots of losses for all kinds of reasons and just how the community will gather to support somebody and help feast, you know, the sacred fire like all these sort of

00:03:48:09 - 00:04:17:20

Cheryl Shawana

community values that just naturally happen in times of need. So I think of that. I think of the history of the Homemaker’s Club, and we know that's a group that's kind of aging. But, you know, in times of community need like a death, these group of women who are matriarchs in the community would just know what to do to be able to get ready for... perhaps the funeral or the service.

00:04:17:20 - 00:04:46:28

Cheryl Shawana

And it just would happen, like really naturally. So I think these long standing natural helpers and supports in the community I think have really built a foundation or set a tone. Having families, neighbours, you know, be a part in somebody’s-- like being able to help them. And it's yeah, and I think that spirit and that intention, you know, we've tried to maintain that.