

Marymound growing thriving medicinal gardens and healthier children

Raven Hart, an Indigenous Youth Mentor with Marymound's Cultural Program focuses on a land-based program that is heavily involved with the food and herb gardens located at Marymound's main Winnipeg location and at some of its group homes. Since joining the organization over a year ago, Raven was initially pleased to notice the existing garden near Marymound's main building.

"When I first arrived here all the vegetables were already in full bloom, but I was most excited that we were growing our own tobacco," says Hart. "Through our cultural program, tobacco is one of the most amazing attributes we could grow because it is chemical-free with no toxins – just clean, traditional tobacco."

The tobacco is so good that visiting Elders get very excited when it is gifted to them for their knowledge. "The Elders are so amazed that we can grow our own tobacco and food, and they are wowed when receiving the fresh cut tobacco from our garden," says Raven.

Since her arrival, they have added some super foods to the garden (everything from kale to spinach and beets), as well as a variety of vegetables that the kids have never seen before, such as purple indigo Kumquat tomatoes.

"We want to make food fun, especially for the younger kids so they get more involved and are encouraged to learn more about traditional foods, and assist with the gardens," continues Hart. Tomatia tomatoes and Yellowstone carrots, which are bright yellow instead of orange, piqued the kids' interest.

Other important indigenous components of the garden include traditional medicines. "We have two different types of medicinal tea gardens, one here at the main garden and one across the property, as well as



another at the boys' group home that features numerous varieties of mints--chocolate, banana, grapefruit and spearmint," says Raven.

"Food is medicine, so we want to drink teas that will help the kids. We also have chamomiles and lavenders. We are also growing corn, beans and squash, known as 'the three sisters' which are aligned next to one another as they seem to survive off each other like their own eco system."

There is also a medicine garden consisting of tobacco, cedar, sweet grass, and sage which teas can be made from. "They are used primarily for smudges to cleanse ourselves which is really exciting." Marymound's gardens are thriving. One harvest occurred early on the summer solstice with full amounts of kale, spinach, radishes and two different varieties of lettuce being served up in salads for the week at Marymound.

"We also harvested sage that was three feet high, which is difficult to find anywhere," proclaims Hart. "The reason why the garden is thriving is because we feasted it with a pipe ceremony two times before planting, and included an additional ceremony for the water to ensure purity through prayer."

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Marymount golf tournament big success, preparing for next round

On May 30th at Rossmere Country Club, another hugely successful tournament was enjoyed by nearly 100 participants despite inclement weather. There were plenty of smiles and laughs that filled the air from golfers who enjoyed a great day that included numerous specialty and contest holes. Marymount volunteers and Rossmere staff ensured a seamless day that concluded with a great dinner and presentations of prize packages hosted by returning emcee Joe Aiello. Sponsors are already lining up for the third annual tournament on May 29, 2019.



For more information contact Mardy Yager at 204-336-5293 or email myager@marymount.com



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'Thriving' continued from page 1

Marymount recently started a second medicine garden, an exciting circle garden design within an existing roundabout created by Reanna Merasty, a Land Based Youth Mentor summer student. "It is sectioned into the four directions with decorative paths to access the garden that also consists of tobacco, sage, cedar and sweet grass," says Reanna.



"Symbolism of the four directions will be added to include rocks that will be painted with warriors and each direction on them," adds Hart. "Seven each of red, black, yellow and white rocks will decoratively be on display to indicate inclusiveness for all ceremonies."

The gardens at Marymount are common and just a way of life for Indigenous people as it is a way of working the land and developing self-sustaining communities. "It is difficult for many of our communities, as the land and soil is not good enough, so they look into greenhouses, says Hart.

"What we are doing at Marymount is innovative yet traditional, as we are bringing back the old way of doing things."

The youth involvement in the garden has grown this year, whether it's watering or weeding, or the little ones enjoying a 'planting party' to start the gardening season. Sometimes, students just hang out with the Youth Mentors at the garden as they work and snack on healthy foods such as radishes, tomatoes, raspberries, blueberries, red currants, and Saskatoons.

"We even hired a youth for our land-based program who loves gardening and working the soil and comments how beautiful the soil is that we work with."

"In the future, I would like to see the kids eat as traditional as possible within our menu at Marymount, at feasts and different celebrations that we have throughout the year by using the foods we grow on site, as well as accessing traditional foods from the community such as wild rice and Saskatoons. And of course bannock and fried bannock, which is not the greatest for the body but a comfort food that is so good for the soul," says Hart.

'Brothers' at the beach!

Some of Marymount's children enjoyed some 'guy-time' together with Indigenous Youth Mentors from the Marymount cultural team as part of their very busy Summer Recreation Program. Grand Beach was for the boys then everyone joined in at Birds Hill Park. The schedule is full of a variety of great outings of summer fun for all youth to enjoy.




Present

AN INTIMATE SOLO PERFORMANCE

BIG DAVE MCLEAN

SEPTEMBER 20, 2018



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in the Exchange or by contacting Mardy Yager at 204-336-5293

DOORS OPEN AT 7:00 p.m.

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"The boy who was raised as a dog"



Seeing the
Invisible
Wounds of
Developmental
Trauma



Dr. Bruce D. Perry, MD, PhD

October 10, 2018
9:00 a.m.- 4:30 p.m.
October 11, 2018
9:00 a.m.- 12:00 p.m.*

*Clinical case discussion- spaces are very limited

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