



# Living a Traditional Diet

Wednesday, May 14, 2014

**Speaker**  
**Bossy Ducharme**

Revitalizing Connections Conference  
Aboriginal Nutrition Network, Thunder Bay, Ontario

Who am I?



# WHAT THIS TALK IS ABOUT

- INTRODUCTIONS
- MY STORY AND THE HISTORY OF ABORIGINAL PEOPLE AND FOOD
- TEACHINGS I HAVE LEARNED FROM MY EXPERIENCE:
- Intergenerational Trauma, what it is and how it affects my life
- MY VISION FOR THE FUTURE AND COMPLETING THE CIRCLE

# Turtle Island a.k.a. North America



# "Indian" Card

 Indian and Northern Affairs Canada    Affaires indiennes et du Nord Canada

**CERTIFICATE OF INDIAN STATUS**  
**CERTIFICAT DE STATUT INDIEN**

Registration no./Numéro d'inscription    916700185

Family Name/Nom de famille    **DOE**

Given Names/Prénoms    **JANE**

Alias/Nom d'emprunt    **ANNIE**

Date of Birth/Date de naissance    1958/07/15    Sex/Sexe    **F**

Date of Issue/Date de délivrance    2009/05/11

Renew Before/Renouveler avant    2014/05/11

Registry Group no. and Name/N<sup>o</sup> du groupe de registre et nom    3456 - **BAND NAME**

916700185 1958 07 15 F

Jane Doe



# Residential School



# My sisters





Winnipeg, June 15, 1970



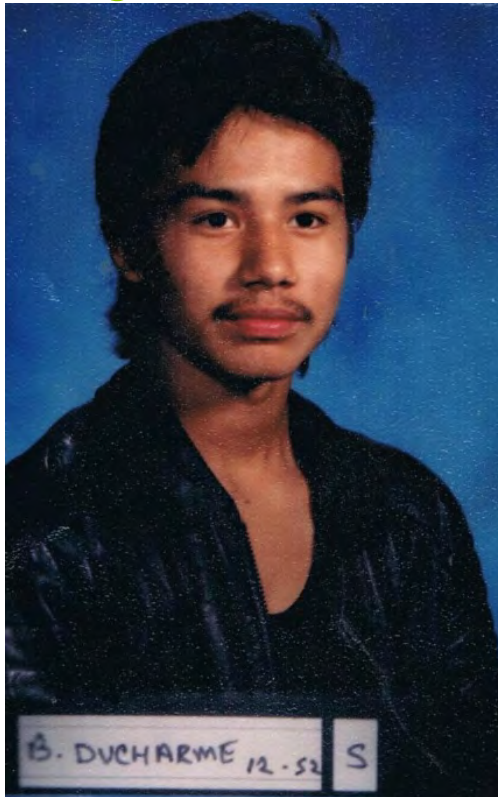


# Age 7



# On My Own

16 yrs old



18 yrs old



# Early 20's





# Sweden





# Toronto

Early 30's



2007 "rock bottom"





Smiling on the outside,  
dying on the inside

# The Vision





September 21, 2010





# Native Foods



# Native foods cont...



# Teachings

- Take Risks
- Let go
- Trust
- Empowerment



# Where this is going?

- Documentary
- Speaking Engagements



6 months into my diet









Remember this guy





# Started drawing again



# Pencil crayons







# Chair Massage





# CONTACT

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Special thanks to:

**Aboriginal Nutrition Network**