

**PUAMUN
MESHKENU**

ANNUAL REPORT

2019-2020



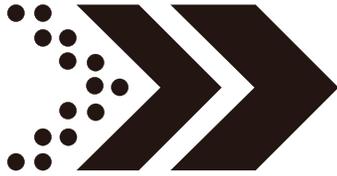
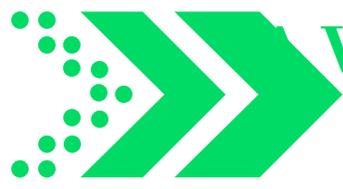


TABLE OF CONTENTS

A Word from the Chair.....	1
A Word from the Director General.....	2
Presentation of the Organization.....	3
Mission, vision and values.....	4
Guiding principles.....	5
2020–2025 Strategic orientations	6
Our events.....	7
Board of Directors and Staff.....	8
Our Actions: Inspiring Hope.....	9
Youth Ambassadors Program.....	10
Other Inspiring Activities.....	11
Our Actions: Promoting Wellness.....	12
Thank You to Our Volunteers.....	14
Scope.....	15
Promotional Products.....	16
Environmental efforts	17
In the Media.....	18
In Closing.....	19
Thanks.....	20



Word from the Chair

Kuei,

I am pleased to announce that, this year, we have accomplished some of our biggest dreams for our organization. Indeed, 2019–2020 has been a landmark year as we worked on our first strategic plan and welcomed new members to our board of directors.

I would like to thank Ricky Fontaine and Denis Bouchard, as well as Victoria Labillois for having joined our organization. Their expertise, skills and commitment are valuable assets that will certainly contribute to the growth of our organization and ensure its continuity. We are truly privileged to be able to count on these talented individuals.

Once again this year, I had the opportunity to meet many young (and not-so-young!) people as I shared my story and that of Puamun Meshkenu with various audiences. I would like to thank all the people who heard to our message. I would also like to take this opportunity to thank all our collaborators and partners with whom we have been able to carry out wonderful projects that contribute to the collective well-being of Indigenous Peoples and to the development of our beautiful young people's full potential.

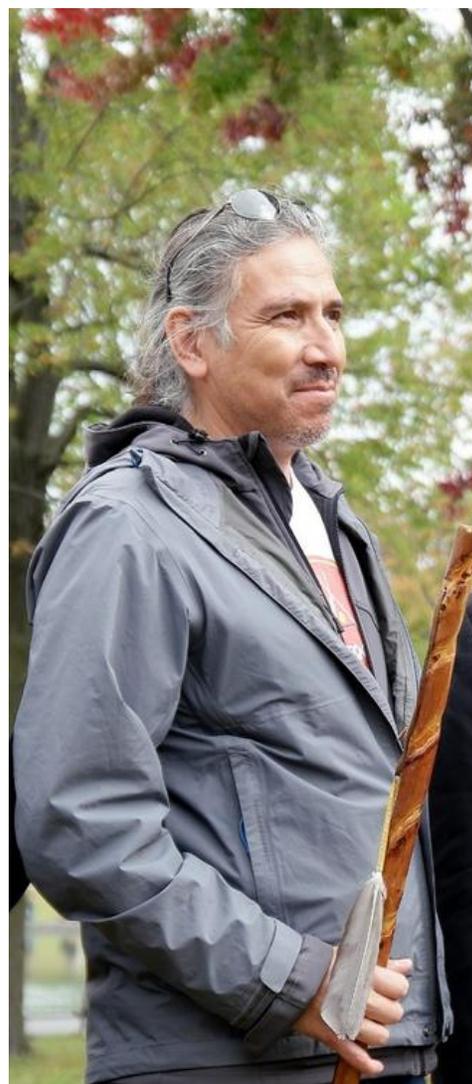
Finally, I would like to thank a member of our board of directors who completed her mandate this year. Tshinishkumitin, Marie-Ève Cotton, for your contribution to Puamun Meshkenu!

I also send out a heartfelt thank you to our board members who have been with us since the very beginning and who continue to give us so much of their time and energy.

Please know that I greatly appreciate your contribution!



Stanley Volland
Founding member and Chair





A Word from the Director General

Kwe,
Puamun Meshkenu grew beautifully in 2019–2020! We enthusiastically accomplished so many amazing projects with our young and dynamic team and, of course, with the support of our outstanding partners and collaborators. I was fortunate to welcome to my staff two extraordinary new employees who, through their commitment and dedication to Puamun Meshkenu, have been of undeniable support in carrying out our major projects. Thank you, Aroussen and Geneviève, for your dedication!

I am proud to announce the launch of our Young Ambassadors Program this year. The 11 young women who were selected to participate in the Program began training to develop their public speaking skills and knowledge. We look forward to introducing them to you!

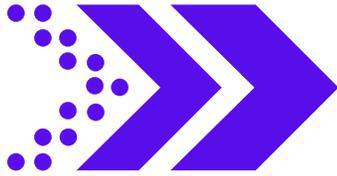
In the fall of 2019, we also organized a major event, held throughout Quebec. The big Dr. Vollant Umeshkanam Walk was held simultaneously in six communities. This first edition was fantastic! I would like to take this opportunity to thank all the participants who walked with us on this very special day. Huge thanks also to the various local organizers who spearheaded cultural activities that were held around the walk.

Finally, I would also like to thank our partners and volunteers for the time and energy they gave this year to our projects. We are a young organization and we need all of you to help us achieve our mission. Mikwetc Kakina!

Finally, I would like to thank Puamun Meshkenu's board of directors for their trust and support. I am fortunate to be backed by exceptional board members who are very involved in the organization and in carrying out our projects. Thank you for your support!

Véronique Rankin
Director General





PRESENTATION OF THE ORGANIZATION

À CŒUR VAILLANT, RIEN D'IMPOSSIBLE!
KA KATSHITSHISHIT AUEN APU TSHEKUANNU NAKAUKUT!
TO A VALIANT HEART, NOTHING IS IMPOSSIBLE!

Puamun Meshkenu (Innu for the “path of a thousand dreams”) is a non-profit organization started in 2016 by Dr. Stanley Vollant. Since its foundation, the organization works to inspire Indigenous Peoples and support them in developing to their full potential. Just like his ancestor Innu Meshkenu, Puamun Meshkenu initiates projects to have a lasting and meaningful impact on the lives of Indigenous youth and to create a structuring movement for all Indigenous communities in Quebec.

Puamun, n. i. : dream (pwamu:n)
Meshkenu, n. i. : road, path, way. See
also meshkanau, meshkanu



OUR ACTIONS TARGET TWO VERY SPECIFIC GOALS:

1. TO BRING HOPE BY PROMOTING PRIDE IN INDIGENOUS IDENTITY, SO THAT OUR YOUNG PEOPLE DEVELOP TO THEIR FULL POTENTIAL AND EXPLORE THE WORLD.
2. TO DEVELOP WELLNESS BY ENCOURAGING INDIGENOUS COMMUNITIES TO ADOPT HEALTHY LIFESTYLE HABITS IN KEEPING WITH THE HOLISTIC HEALTH MODEL.



MISSION - VISION - VALUES

Our mission

Our mission is to inspire and support Indigenous Peoples to follow their own path of a thousand dreams (or “Puamun Meshkenu” in Innu) in a way that is mentally, spiritually, physically and emotionally holistic.

We accompany Indigenous Peoples so that each individual may develop to their full potential and contribute to increase collective wellness with the support of his community. Our actions promote healthy lifestyles, encourage school perseverance and foster reconciliation.

Our vision

Our dream (“puamun” in Innu) is that Indigenous Peoples develop to their full potential and contribute to collective well-being.

Promoting holistic health, school perseverance and Indigenous identity, Puamun Meshkenu’s recognition and its humane and inclusive approach lead to concrete actions that develop Indigenous people’s full potential.

Its actions have an impact on collective wellness and increase recognition of Indigenous Peoples in society.

Our values

Tradition

This value means maintaining and preserving Indigenous cultural traditions, identities and customs. It also means sharing, passing down, valuing and educating with respect for all Indigenous cultures. This value also holds the capacity for resilience and the will to live a contemporary lifestyle with pride.

Wellness

This value means working to improve people’s well-being, in ways that are aligned with their needs and respect their experiences and differences. Wellness requires action in order to regain balance and is about responsibility. This value draws on the holistic principles of the Medicine Wheel.

Commitment

This value means carrying out our mission with enthusiasm, determination and conviction. This value underlies the organization’s vitality and dynamism in all its endeavours, as well as its sound, optimized and respectful management. This value generates abundance and the realization of dreams, and it also means taking our rightful place.

Collaboration

This value means working to reach a common goal, for and by Indigenous Peoples. It also means valuing constructive partnerships with other Indigenous and non-Indigenous Peoples and organizations. Collaboration involves respect, honesty, transparency and a desire for reconciliation. It is illustrated by the strengths and skills, creativity and actions of Puamun Meshkenu’s team members.



GUIDING PRINCIPLES

We consider and respect all aspects of each person in every action and decision.

Regardless of their culture and history, people are respected in their entirety and as a whole.

We are listening to the needs Indigenous youth express and developing our actions in consequence.

We take a holistic, humane and inclusive approach.

Our actions are designed and deployed according to the principles of the Medicine Wheel, in order to meet people in the four (4) spheres of their development: mental, emotional, physical and spiritual.

We take climate issues into consideration in our choices and activities as much and whenever possible.

We make environmentally friendly choices for our events and hold our meetings virtually as much as possible. We aim for zero GHG emissions for all our activities. We try to offset any GHG emissions we may incur, as resources are available.

We wish to develop our programming as much as possible across Canada with a 5-8 year perspective.

Over the long term, we aim to develop our activities and programming across Canada with a view to reaching all Indigenous young Peoples. We are evaluating all requests coming from the other provinces and answering them according to our action plan and resources.

2020-2025 STRATEGIC ORIENTATIONS

Orientation 1

Our solid growth ensures the sustainability of our mission and allows us to carry out our actions.



Orientation 2

Our approach and practice model allows us to reach our goals and be recognized..



Orientation 3

Indigenous youth believe in their success, make their dreams come true and reach their full potential.



Orientation 4

Indigenous youth have taken ownership of their identity and their land. They are proud of themselves and they have a place in society.



Orientation 5

The physical, spiritual, emotional and mental living conditions of Indigenous youth have considerably improved.





OUR EVENTS



Annual General Meeting

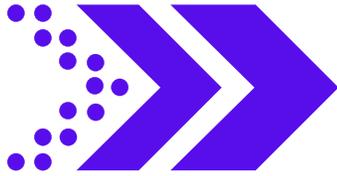
June 5, 2019



2020-2025 Strategic Planning Lac-à-L'Épaule,

September 19-21, 2019

To a valiant heart, nothing is impossible!



BOARD OF DIRECTORS & THE TEAM



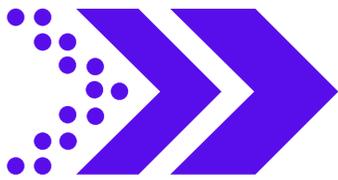
From left to right: Sarah Bourque, Denis Bouchard, Sabryna Godbout, Ricky Fontaine, Stanley Vollant, Véronique Rankin, Geneviève Beaudoin, Éric Cardinal, Suzy Basile, Isabelle Aroussen Gros-Louis, Victoria LaBillois.

Board of Directors

Stanley Vollant, President,
Éric Cardinal, Vice-president,
Sabryna Godbout, Secretary-Treasurer,
Sarah Bourque, Administrator,
Suzy Basile, Administrator,
Denis Bouchard, Administrator,
Victoria LaBillois, Administrator,
Thierry Leblond, Administrator,
Ricky Fontaine, Administrator.

Staff

Véronique Rankin, Director General
Isabelle Aroussen Gros-Louis, Administrative Assistant and Communications Manager
Genevieve Beaudoin, Project Manager - Wellness Development Component



OUR ACTIONS

INSPIRING HOPE

Valuing hope affirms life! To help young people develop to their full potential, we must offer them examples and role models through activities and presentations that touch and inspire them.



This is why, with a view to reaching even more youth, Puamun Meshkenu focused its 2019–2020 activities on creating a program of Indigenous role models. Our Youth Ambassador Program was launched at the end of 2019 to provide Indigenous youth aged 18 to 35 with the opportunity to gain experience in public speaking and delivering Dr. Stanley Vollant’s message. This training will greatly contribute to the personal and professional development of our young people and have a lasting impact throughout their lives. These experiences are invaluable!

Puamun Meshkenu is proud to present the 11 selected ambassadors, who, over the course of 2020, will be called on to apply the skills they acquired in various training activities.

YOUTH AMBASSADORS PROGRAM



Our 11
Ambassadors



Daphné
Anne

Inuk



Émilie

Innu



Kijâtai-
Alexandra

Anishnabe



Sabryna

Wendat



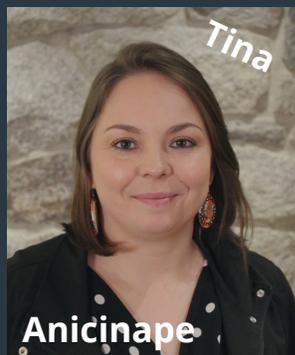
Tori

Anicinape



Uapukun

Innu



Tina

Anicinape



Vanessa

Innu



Sandie

Mi'kmaq



Tatiana

Innu



Coralie

Atikamekw

Ka katshitshishit auen apu tshekuannu nakaukut!

OTHER INSPIRING ACTIVITIES!

Speech at the
Convention on
Perseverance and
Academic
Achievement for
First Peoples,
October 2019

Signature of a
position paper for
Early Childhood
Week, November
2019



Participation
in “mini-schools” in
Pessamit and at
UQAC, May 2019

Dr. Vollant’s
presentation
during KWE! Meet
with Indigenous
Peoples, August
2019

Presentation
in the Chisasibi
elementary and
high schools, June
2019



OUR ACTIONS

PROMOTING WELLNESS

Promoting wellness fosters positive change! Adopting healthy lifestyle habits brings positive and lasting changes into our lives.

Puamun Meshkenu ascribes great importance to improving Indigenous well-being and quality of life. We believe that, by adopting healthy lifestyles, people are able to achieve the balance and harmony that lead to good health. This holistic approach takes the whole person into account. Here are some of our actions this year that promoted wellness. Puamun Meshkenu has changed and improved the Stanley Volland Challenge to increase its positive impacts for all members of Indigenous communities.

Dr. Volland's Umeshkanam Walk



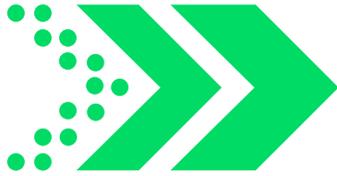
As part of the new version, we held a community walk on October 19, 2019, in six cities and Indigenous communities. More than 250 people walked simultaneously to show their support for Indigenous youth and their belief in young people's dreams. This event was also an opportunity to showcase local talent, with many young people presenting their various cultural skills. This first edition was a great success!

The Path of One Thousand Dreams!



For the second consecutive year, Puamun Meshkenu organized a 5 km walk on the Plains of Abraham in Québec City as part of the KWE! Meet with Indigenous Peoples event. Public response was strong, with more than 250 walkers gathering for the event. To add a cultural touch to the end of the event, walkers were welcomed to the sound of traditional drums. Two dozen volunteers ensured safety at the event and helped participants complete the walk. This beautiful annual event gets people sharing a meaningful group moment as they walk together.

To a valiant heart, nothing is impossible!



OUR ACTIONS

Promotins Wellness (cont.)

Workshops and new tools



To share its expertise in organizing walks, Puamun Meshkenu created user-friendly tools to help potential leaders organize successful and safe community walks. We also led a workshop on the subject at the annual meeting of the First Nations Youth Network, held in the Algonquin community of Pikogan in August 2019. It was an opportunity to forge links with young people involved in their community.

Support and accompaniment



To further share its expertise, Puamun Meshken offered its support to other walk organizers. By regularly accompanying local organizations and supporting youth participation in walking events across the territory, Puamun Meshkenu wishes to pass on its knowledge and encourage local initiatives. We provided support to the organizers of the Ninan (Matimekush Lac-John) Walk, which, in March 2019, led a dozen young people to walk 100 km through the territory of their ancestors. It was a fantastic undertaking that Puamun Meshkenu is proud to have helped and supported.

THANK YOU TO OUR VOLUNTEERS!

Each year, we welcome over 30 volunteers from all over Quebec. They are the cornerstones of our events, thanks to their investment, energy and good cheer!

THANK YOU to our twenty volunteers who supported the Path of a Thousand Dreams Walk at the 2019 KWE! Meet with Indigenous Peoples event.

THANK YOU to our board members for their precious contributions to all of our events.

THANK YOU to all the members of the Indigenous communities and to local organizers who were involved during the Dr. Vollant Umeshkanam Walk.

Puamun Meshkenu would like to thank all the people who, through their volunteering, have helped make our one-time activities and events a success.

Mikwec! Tshinashkumitin! Chiniskomiitin! Wliwni! Mihwetch! Tiawenhk! Woliwon komac! Welalin! Nakurmiik! Nia':wen! Migwech!



TESTIMONIALS

- **Akienda Lainé, Wendake**

"I absolutely loved the team's warm and uncomplicated welcome at the walk in Quebec City last year, but I especially appreciated how organized everything was and how smoothly the event went. Thank you, Puamun Meshkenu!"

- **Ghislaine Massicote, La Tuque**

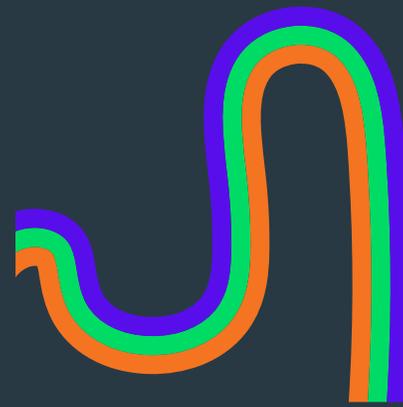
"I loved my volunteer experience at KWE! It was such a great opportunity to meet new people and have the privilege of being part of an energetic and competent team."

- **Julien Archambault, Québec**

"The very best walk for getting in shape and putting a smile on your face!"

SCOPE

Social media



FACEBOOK

Our Facebook page presents our organization's development over time, with the number of followers greatly increasing over the past year.



<https://www.facebook.com/puamun.meshkenu/>

YOUTUBE

We launched a YouTube channel in November 2019. It has allowed us to share most of the presentations we gave on health-related subjects during a very first Indigenous traditional trades, knowledge and practices conference, as well as various video clips from our youth ambassadors.



https://www.youtube.com/puamun_meshkenu/

INSTAGRAM

Our Instagram page reaches over 300 followers who see our event publications.

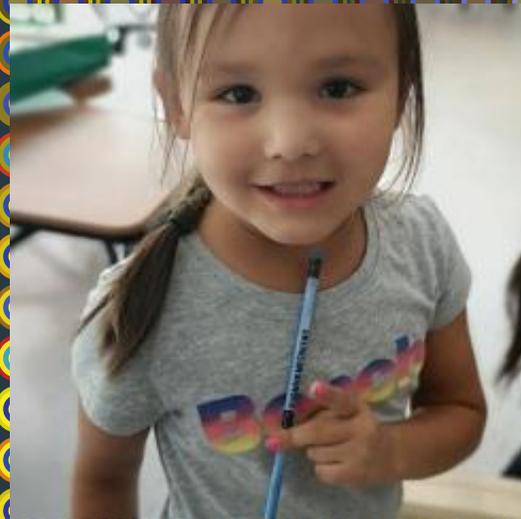


https://www.instagram.com/puamun_meshkenu/

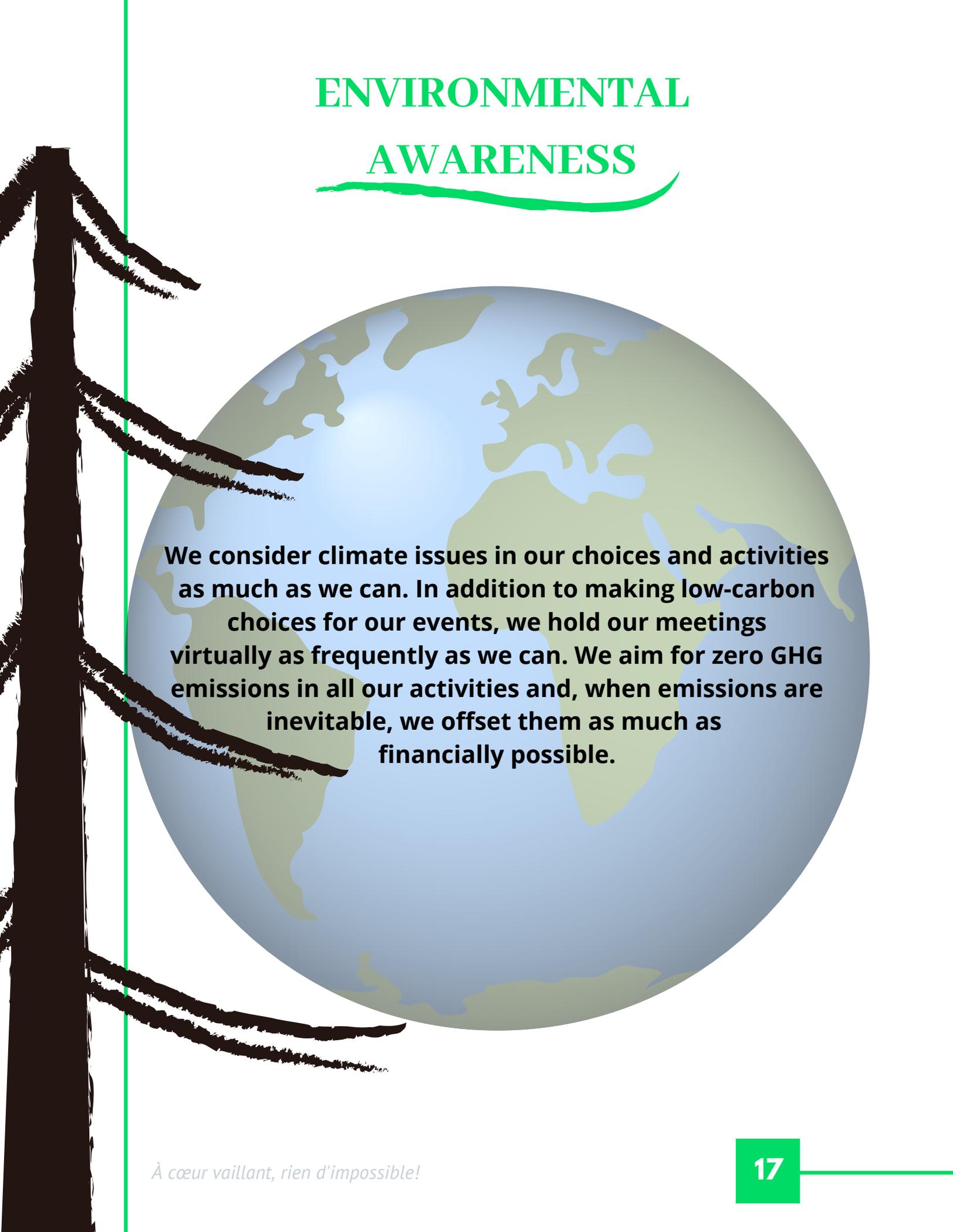


PUAMUN
MESHKENU

PROMOTIONALS ITEMS



ENVIRONMENTAL AWARENESS



We consider climate issues in our choices and activities as much as we can. In addition to making low-carbon choices for our events, we hold our meetings virtually as frequently as we can. We aim for zero GHG emissions in all our activities and, when emissions are inevitable, we offset them as much as financially possible.

IN THE MEDIA



ICI RADIO-CANADA

Les grands entretiens avec
Stéphane Bruneau
Dr. Stanley Vollant, The
Innu Who Walks, aired on
April 20, 2019



MANIC, L'HEBDO DES GENS D'ICI

"Medical school for an Innu girl from
Pessamit: Eve Martin-Riverin follows
in Stanley Vollant's footsteps,"
published on May 9, 2019.



Ici Radio-Canada.ca

"Mini medical school for
Indigenous youth," published on
July 13, 2019



Radio-Canada Information

Dr. Stanley Vollant,
spokesperson for KWE! Meet with
Indigenous Peoples, aired on
August 31, 2019



Télé-Québec

"Y'a du monde à messe"
Interview with Stanley
Vollant, chair and founder of
Puamun Meshkenu, broadcast
on September 6, 2019

IN CLOSING



All of us at Puamun Meshkenu are very proud of the steps we have taken in our third year of operations. We are most pleased with the progress our little team has made!

A huge thank you to our board members who have given so much of their time and shared so much of their knowledge over the last year, by supporting our staff in carrying out Puamun Meshkenu's various activities.

ACKNOWLEDGEMENTS



*Finally, we wish to acknowledge
and thank the organizations and their employees who have
supported us strategically and financially.*

*Mikwec to the Secrétariat des affaires autochtones du Québec
and the Ministère de l'Éducation de l'Enseignement supérieur.*

Tshi nashkumitin to Indigenous Services Canada.

*Tiawenhk to the Centre des Premières Nations Nikanite at the
Université du Québec à Chicoutimi*

Welalin to Québec en forme

Chiniskomiitin to the RBA Foundation

**MERCI! Thank you! Mikwec!
Tshinashkumitin! Chiniskomiitin! Wliwni!
Mihwetch! Tiawenhk! Woliwon komac!
Welalin! Nakurmiik! Nia´:wen! Migwech!**