

THE G.C. BOOK

Tyler Blyan and Justine Dumais



“Yo! The GC BOOK
Gotta’ take a look
Yeah, it helps me see
It’s okay to be me.”



Well first it was the R P S, War Party to be the best
And Buffalo Lake they want to test
They ain’t never heard no rappers rip like us
Métis Mafia now who’s ready to bust
I’m telling all you rappers put you mic straight down
Because you’re trying to beat a king
and you got no crown.

I heard of four stabbings in Buffalo Lake
Native, you end up in a body bag.
Then first off it was AADAC Class
And sometimes I wonder even if I did pass
And if I didn’t I’m just a kid with FAS
But I’m trying to live my life just to make it the best

Yo! The GC Book
Gotta’ take a look
Yeah, it helps me see
It’s okay to be me
It’s a real cool tool
Says ya’ gotta stay in school
Don’t get off track
Gonna’ land on your back
But June our friend
Will help us again
Gotta’ stay in gear
Gotta’ find my career
So you need this tool
Ya’ gotta’ stay in school
Don’t be you Mama’s fool
Get a job!

Can’t get a job cause I see the PB, that means
The probation officer if you know what I mean,
June helped me out to make one cheque
Now I owe her my trust and all my respect

Now we’re rappin’ on stage and we’re doing it live
I’m telling you all who think of suicide
Think of who you know
Before you’re ready to die
I don’t want no one to think like that
That’s why you listen to the words that I put in this rap
I’ll rap all day just so you get the message
Of what I’m trying to say.

BREAK DANCE

Well, did you get it
Or did you even think
Don’t you get the message
That we’re trying to bring
If you didn’t let me tell you one more time
So let’s kick it up a notch and let me bust a rhyme.

BREAK DANCE

Do ya’ get it? Do ya’ get it? Do ya’ get it?

Above: Tyler Blyan
breakdancing
Below: Justine Dumais
as MC



GUIDING CIRCLES CHANGING YOUNG LIVES

About the booklet...

Guiding Circles, an Aboriginal guide to career planning, was launched in 2003 with a national demonstration project that involved Aboriginal Human Resource Development Agreement Holders from across Canada. The demonstration project included representatives from First Nations, Métis and Inuit communities from nearly every province and territory. One of the pilot site coordinators, June Howse, Aboriginal Community Liaison, Education/Career Counsellor at Buffalo Lake Métis Settlement, Alberta, works with youth at risk in her community and has integrated *Guiding Circles* into her program.

June's Story

"Some of my duties include working with youth and we had the opportunity to use *Guiding Circles* with my summer youth program. This tool is more than a career workbook; it inspires dreams and creates a sense of self-esteem for the individual. To give some idea of this achievement and what it really means, I would like to give you some context about what was going on in our community at the time we introduced *Guiding Circles* to our youth.

Prior to conducting a six week program with 57 youth, many assessed as youth at risk, we had had traumatic things happening at Buffalo Lake Métis Settlement; an infiltration of gang activity, four stabbings in one week, a murder and two overdoses.

This impacted our community in a way that screamed out for direction for our youth. Because of the happenings on our Settlement, our community was in a different mindset and at a different level than when we had conducted previous programs or projects. We needed something to show us that we did not need to stay where we were, something to guide us onto a path that would take us out of the rut we were slowly digging for ourselves. When doing the proposal for the program I thought, 'What better tool to base this program around than *Guiding Circles*?' The context of the first *Guiding Circles* book, 'Understanding Yourself', allowed the youth to look honestly at their values to see what they valued in their spirit, their personal life, family, community and future. Values also opened the doors to take a look at and discuss respect and responsibility. It also let us take a cold, hard look at suicide and the behaviours and dead dreams that lead up to this act. The youth said time after time they liked the fact they could answer the questions just the way they felt. They could express their feelings knowing that someone would not tell them their answers were right or wrong. This sentiment is captured in the rap song written by June's program participants, "Yeah, it helps me see, me see, it's okay to be me".

Community Update

At the start of the program Buffalo Lake Métis Settlement had nine youth who were NOT going to return to school (Grades nine to eleven). June reports that all nine youth, including Justine and Tyler whose rap song is featured on the opposite side, did return to school. In June's words, "That's SUCCESS. These are just a few of the many positive aspects the *Guiding Circles* book contributed to our community. I am sure if other communities could share their stories we would hear many more."

Guiding Circles Booklet 1: Understanding Yourself, continues to grow and be used by organizations across the country. In 2006 the AHRC and *Guiding Circles* authors partnered again to introduce *Booklet 2: Finding New Possibilities*, the next stage of career, the process of exploration and decision making.

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