

# UPDATE TO CITIZENSHIP OATH 'VERY SIGNIFICANT'

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Words matter.

That much was clear in the responses from local First Nations to news that Canada's oath of citizenship had been updated to include Indigenous peoples — a change undertaken in response to recommendations in the Truth and Reconciliation Commission's Calls to Action.

"This is an opportunity for Canadians to learn who we are, what makes us tick, what we have overcome, what the challenges were and currently are for the Indigenous population," Chippewas of Rama First Nation Chief Ted Williams said. "It is very significant."

Beausoleil First Nation heritage and culture co-ordinator Trish Monague concurred.

"It's our truth," Monague said. "Especially during these times right now, it's hopefully building connections and relationships again."

Canada's Oath of Citizenship now officially recognizes First Nations, Inuit and Métis, and the obligation that all citizens must uphold the treaties between the Crown and Indigenous nations, the federal government said.

It acknowledges that Indigenous rights are both enshrined in the Constitution Act and derive from the historic use of this land by Indigenous peoples.

As new Canadians recite the oath, they will make a personal commitment to observe the Aboriginal and treaty rights of First Nations, Inuit and Métis peoples, the government said in a statement.

"It's education, it's information, it's acknowledgement," Monague said. "Had



Lakehead University photo

Trish Monague is heritage and culture co-ordinator for Beausoleil First Nation.

all this been done however long ago, maybe the impact of what's happening today would have been balanced a little bit."

Williams views the updated oath as an opportunity for Canadians to gain a deeper understanding of Indigenous history and the commission's Calls to Action.

"I would actually call on all citizens — not just new citizens — to become familiar with the Truth and Reconciliation Commission, its work," he said. "I challenge them to learn the Indigenous history, just like

we learned the Canadian history in the school system."

The new oath includes Indigenous, Inuit and Métis rights, and will help new Canadians better understand the role of Indigenous peoples, the ongoing impact of colonialism and residential schools and our collective obligation to uphold the treaties, said Marco Mendicino, minister of immigration, refugees and citizenship.

"This is an important step on our shared journey of reconciliation," Mendicino said.



## Bring a red and white dessert to the party

A chilled summer dessert is a great way to celebrate Canada's birthday and this one features local strawberries and Ontario goat cheese that achieve a Canada Day worthy red and white effect. Fragrant fresh local strawberries create a tasty topping for this cold creamy dessert featured in the recipe section of the Ontario Farm Fresh website.

**Method:** In a bowl and using electric hand mixer, beat together cheese, sugar, cream and liqueur until smooth and fluffy. Cover and refrigerate for at least 1 hour or until well chilled.



**Strawberries:** Meanwhile, in a bowl, stir together strawberries, sugar, vanilla and orange rind until well coated.

Divide cheese mixture into bowls and top with strawberries.

Makes 6 servings.

**Make-ahead:** Goat cheese mixture can be made up to three days ahead.

For a richer and creamier taste, let the cheese mixture come to room temperature to serve.

**Prep Time:** 10 minutes

**Cook Time:** n/a

Per serving: About 276 cal, 10 g pro, 14 g total fat (9 g sat fat), 25 g carb, 2 g fibre, 36 mg chol, 189 mg sodium. %RDI: iron 9%, calcium 8%, vit A 19%, vit C 83%  
Source: Ontario Goat Cheese (ontariogoatcheese.ca)  
Find more recipes at [www.farmfreshontario.com](http://www.farmfreshontario.com).

### Strawberries and Chevre Romanof

- 1 large log (10 oz/300 g) Ontario chevre (soft, unripened goat cheese), at room temperature
- 1/4 cup (50 mL) granulated sugar
- 1/4 cup (50 mL) 35% whipping cream
- 2 tbsp (25 mL) orange liqueur

### Strawberries:

- 3 cups (750 mL) sliced fresh strawberries
- 3 tbsp (45 mL) granulated sugar
- 1 tbsp (15 mL) pure vanilla extract
- 1 1/2 tsp (7 mL) grated orange rind

**HAPPY**  
**Canada Day**

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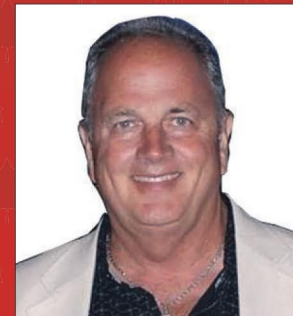
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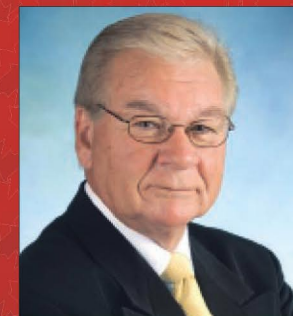
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