

About the author of the poetry in the Heart Garden:

Katherena Vermette is a Métis writer from Treaty One territory, in the heart of the Métis nation, Winnipeg. She is a Governor General's award winning poet and acclaimed novelist. Her first novel *The Break* won many awards and was a finalist in the 2017 CBC Canada Reads.

The Break is a profoundly moving story of gender based violence and intergenerational trauma. But more importantly it speaks clearly of incredible strength and resilience and the wisdom of mothers and aunties who have been through trauma but remain strong.

Katherena describes that for her poetry is home. As an Indigenous person she says the land on which we were born is inside of us.

The poem we chose for the Heart Garden is from Katherena's book *River Women*. The poem is titled *another story*. It begins and ends a section of her book with that title. It speaks beyond the colonial narratives, of a faith story that resides in the land and water waiting to be heard.

A story that teaches

hold your head up

wisdom descends.

When asked to choose a quote that could be her motto Katherena chose:

We are here to honour our ancestors and make a place for our children. It is the only job that matters.