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Dan Smoke recaps a week-long event that he and Mary Lou attended in Moraviantown, Ontario. At the event, Adam Lussier, an Ojibwe from Red Lake, Minnesota, spoke about the three B's and the importance of carrying them into the future.

Host(s): Dan Smoke

DAN SMOKE: That was **Adam Lussier**, an **Ojibwe** from **Red Lake**, **Minnesota**. And he's talking about the three B's: believing, belonging...I remember when he was talking about them, he was joking about what we might think that the three B's were, and the most commonly held three B's that a lot of us identified with were 'booze, babes, and bingo.' So, these three B's that he identified for us that we have to re-traditionalize ourselves and reacquaint ourselves with in the spirits of our ancestors were the belief in ourselves, the belonging to all creation, and to carry that into the future. So, this was Adam Lussier speaking in **Moraviantown**, and we would like to thank **Mike Hopkins** of the **Moraviantown First Nations Child and Family Services** there for inviting us and letting us know about this event so that we could cover it and share with you, our listeners, some of that footage. Adam Lussier was a guest as well as **David Gahew**, who is a **Mi'kmaq** spiritual leader from Mi'kmaq country in **Nova Scotia**. And there was **Billy Mills**, and **Cynthia Wesley** were the other two keynote speakers. So, it was a really good, week-long activities. It was held in conjunction with the **National Addictions Awareness Week**.

So right now, we're going to listen to **Buffy Sainte-Marie**. The song is "**He's a Keeper of the Fire**," which is a very sacred responsibility, from her album entitled **The Best of Buffy Sainte-Marie**, here on Smoke Signals.