



ELDERS ROCK

Reviving Our Cultural Knowledge

MAY 7, 2009

ALL NATIONS ELDERS COUNSEL NEWSLETTER

VOLUME 1, NUMBER 5



Happy Mother's Day

Watch a hen taking care of her brood, or a cow protecting her calf and you will know why Mothers are special. Nature has endowed Mothers with love that is manifest in the sacrifices she makes for the sake of her young ones. Let's celebrate Mother's Day to thank our Mothers for being there for us. To all of the Mothers, Grandmothers, Great-Grandmothers, and Aunties in the Elders Counsel, happy Mother's Day.

Aboriginal Youth Mentoring Program

Cheryl Webster, the Youth Mentoring Coordinator at Carrier Sekani Tribal Council, is working on a pilot project funded by the Urban Aboriginal Working Group to assist local youth. She has found that while there are programs mentoring the youth in a variety of ways, in some cases these programs have waiting list and youth are still falling through the cracks.

She had invited various groups together at the Family Resource Centre on May 1st to discuss this further. Cheryl will update all interested parties with further details and would like to discuss this with the Elders for their guidance and support for this type of project. This has come out of many discussions and reports from Elder/Youth conferences to work together and what the Elders see as an area of need. Thank you and I look forward to anyone's input. You may contact me at 250-562-6279 ext 254 for any inquiries you may have.

Volunteers Needed

College Heights Elementary School would like Elders to volunteer on a regular basis for storytelling and small crafts. They also need somebody to discuss Aboriginal Government with their grade three class. If you would like to volunteer, please contact either Joyce or Laura to set this up.

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Meeting Agenda

9.00 am – 9.30 am: Talking Circle

9.30 am – 10.30 am: Guest speaker from the Alzheimer's Society.

10:30 am – 11.30 am: Elders Share Wisdom with Candace Senger from the Prince George Urban Aboriginal Justice Society.

11.30 am – 12.30 am: Elders Share Information and Network

Topics:

- Moose Hall
 - Budget, the move would allow us extra money for other meetings and activities.
 - Meals, supply soup and bannock – the rest potluck style?
- National Aboriginal Day
 - Park booked for June 21st
 - Need an organizing committee
 - Budget
 - Logistics
- Volunteers Required
 - Please add your name and information to the volunteer roster so we can have a comprehensive list of Elders who are interested in volunteering.
 - Is anybody willing to help with the phone tree?
- Phone Numbers
 - Many of the phone numbers on the list are out of date.
 - If you could take time to check the names, could you correct it for us or have them call us? Keeping in touch with the Elders is very important to us.
- Aboriginal Voices – we are still looking for people to submit articles for the Aboriginal column in the Prince George Citizen. If you're interested please let us know. We have people who can help you to develop your ideas and we can also do interviews and write the articles for you.
- Healing camp, is this a possibility?



*Jefferson based
the First
Amendment
on Iroquois
government.*

ABORIGINAL CANADIANS: A Brief History

Martin O'Malley, CBC News Online | June 21, 2005

Back, back in time...

If you fly beyond Old Crow Flats in northern Yukon you can see the remains of ancient logs that form massive, man-made structures once used to catch caribou. Aboriginal Canadians call them "the caribou corrals."

The corrals were designed to capture migrating caribou. The log walls of the corral were higher than the caribou. The animals entered at a place where the corrals were about five kilometers wide. The corrals gradually narrowed until the caribou were trapped, providing a convenient bin of live meat, enough to feed dozens of families over the long Yukon winter.

Finding the caribou corrals excited archeologists, anthropologists and paleontologists. They discovered that some of the logs used for the corral walls had been fashioned by stone axes, which suggested the corrals might have been used in prehistoric times. By carbon-dating fossil bones by the corrals, scientists determined they were 30,000 years old, which proved to be a rare instance of direct evidence of human activity in the Western Hemisphere.

There is more to be learned from Aboriginal culture than caribou corrals and stone axes. The federal systems of government in Canada and the U.S. are modeled on the system of government devised by the Iroquois.

The Iroquois system took care to protect individual liberties and freedoms, including gender equality. Thomas Jefferson observed that among the Iroquois "every man, with them, is perfectly free to follow his own inclinations. But if, in doing this, he violates the rights of another, if the case be slight, he is punished by the disesteem of society or, as we say, public opinion; if serious, he is tomahawked as a serious enemy." Jefferson used this to draft his First Amendment, which allows freedom until it violates another person's rights.

In their 1991 book *Occupied Canada*, authors Robert Hunter and Robert Calihoo devote a chapter to "The Great Gift of the Iroquois," in which they describe some of the workings of the Iroquois Confederacy: "Factionalism with the confederacy was reduced by building in a system of clan kinships that transcended the borders of different tribes. Thus, the clans of the Hawk, Turtle, Wild Potatoes, Great Bear or Deer Pigeon would have had members among the Mohawks, Seneca, Onondagas, Oneidas, and Cayuga alike, and these individuals would view each other as members of the same family."



Benjamin Franklin was so impressed by the Iroquois Confederacy that he championed it as a model to unite the new colonies, urging that each colony become a state with control over internal affairs, with a federal council responsible for external matters. This became the basis of the Articles of Confederation.

The story is rich, vast, complex.

What's In a Name?

Consider, for a start, the nomenclature. Is it "Aboriginal Canadians" or "First Peoples" or "Natives" or "Indians" or "First Nations People" or "Indigenous People"? They're all correct, with some mild fretting over politically-correct hemlines, which at least has eliminated such clunkers as the English "redskins" and the French "sauvages". We still call it "the Department of Indian and Northern Affairs." Aboriginal people find demeaning the use of possessives such as "Canada's Aboriginals" and "Canada's Natives," though "Native" is acceptable if used to modify "People" and "Leaders" and "Communities."

Consider the languages. The largest Aboriginal language group is Algonquian, spoken by some 100,000 people. The Algonquian language group actually contains nine Aboriginal languages: Abenaki, Blackfoot, Delaware, Mi'kmaq, Maliseet, Montagnais-Naskapi, Ojibwa, Potawatomi, and Cree. The Crees are spread across Canada in various groupings, each with their own dialects: Plains, Swampy, Northern, Woods, Moose, and East.

On the matter of the Mi'kmaq, the word comes from "nikmaq," which Aboriginals gave to the French and Basque fishermen and explorers in the 17th century. Essentially it means "my kin-friends." The Mi'kmaq, when referring to themselves, use the terms "L'nu'k," which means "the people" or "humans". Mi'kmaq is pronounced Mig-mow (as in "owl").

The complexity cries out for perspective, which I found one afternoon in May, 1975, in Inuvik where the Mackenzie River empties into the Beaufort Sea. I was talking to an Eskimo named Abe Okpik. Abe and I were both on assignment with the Mackenzie Valley Pipeline Inquiry, popularly known as the Berger Inquiry after the chairman, Mr. Justice Thomas Berger.

"Three times this morning I heard someone say Inuit," Okpik told me. Then, with exquisite timing over his mug of coffee, he added, "The anthropologists must be early this summer."

Okpik died early in 1998, by which time he had comfortably embraced the use of "Inuit" to describe "Eskimos," a southern Aboriginal expression for "eaters of raw meat." And why not? "Inuit" means "the people," as in "people everywhere." It is also plural; one Inuit is an "Inuk." Abe told me an

Inuk can denote two Inuit by somehow saying *Inuuk*.

Nunavut and the Royal Commission on Aboriginal Peoples

The Berger commission was a watershed event in the history of Aboriginal Canadians, examining the lives and living conditions of the people of the Mackenzie Valley and further north to Sachs Harbour and Holman Island. Judge Berger held formal hearings in Yellowknife, and community hearings in scattered villages and encampments across the western Arctic. He ended up taking his commission across southern Canada, all the way to the Maritimes.

We possess a terrible self-centeredness, even arrogance, as a people," Berger said, referring to non-Aboriginal Canadians. "History is what happened to us. We dismiss a curiosity what has gone before. The culture, values and traditions of Native people amount to more than crafts and carvings. Their respect for the wisdom of their Elders, their concept of family responsibilities extending beyond the nuclear family to embrace a whole village, their respect for the environment, their willingness to share - all of these values persist within their own culture even though they have been under unremitting pressure to abandon them."

On April 1, 1999 the eastern portion of the Northwest Territories became Nunavut. It was the first time the map of Canada was changed since Newfoundland joined confederation in 1949.

Nunavut means "our land" in Inuktitut, the language of the Inuit. The territory of Nunavut is five times larger than Alberta, with a population of 24,000, of whom 85 per cent are Inuit. Ottawa agreed to pay Nunavut \$1.2 billion over 14 years, ending in 2007.

I heard it often during my time in the Mackenzie Valley working on a book on the Berger Inquiry, which was titled *The Past and Future Land*. I finally found a way to reply when we were in Fort Liard and I met Chief Harry Deneron, who testified at the inquiry that the local nurse had posted a sign on the door of the Hudson's Bay store that warned: DO NOT DRINK THE WATER.

"Well, it's okay for us - a doctor can tell us this because we're humans," Chief Deneron told Judge Berger. "Most of us will probably know what they're talking about, but what we can't get at is, how can we get the message across to the animals that are depending on this water, the fish and that?"

In the book I wrote: "It is a good question, one that confounds those white people who like to put a priority on things, with humans and their things definitely at the top and all the rest, the beasts and fishes, definitely lower down. The whole of the Northwest Territories, they say, could easily fit into Toronto's CNE Stadium, and it's true if by 'whole' you mean only the humans. For sure you won't get the land in, not the land that is one third of Canada, or the animals, not the herds of caribou that thunder by in numbers

exceeding 100,000. But just the humans, yes. It is like measuring a Caesar salad by counting the croutons."

Recipe of the Month: Bannock on a Stick

Preparation Time: 10 minutes

Ingredients

1 cup whole wheat flour
1 teaspoon baking powder
¼ teaspoon salt
3 tablespoons butter
2 tablespoons milk powder

Directions

1. Mix all the ingredients well, making sure the butter is evenly distributed throughout. Sometimes I will melt the butter before adding it to the mixture. Then slowly add water while mixing until a dough ball is formed.
2. Make the bannock dough into a cigar shape and wrap it around a green stick. Try to keep the thickness of the dough about ½ inch.
3. Slowly roast the bannock over a hot fire, rotating occasionally until it turns a golden brown. You will hear the butter sizzling and your stomach rumble as the bannock cooks.



Bannock has been a staple food of wilderness explorers, prospectors, soldiers, and trappers for centuries. Portable, nutritious, tasty and easy to make while surviving in the outdoors, bannocks legendary reputation continues as one of the best survival foods you can bring into the wilderness.

Bannock is high in carbohydrates and complements the proteins of pemmican, jerky, the arctic survival ration, and other meats. It can be used as a hearty stand-alone food or combined with foraged wild edibles such as berries, fruits, and meats.

TIP: Don't use too much dough or you'll have an outer layer that's burnt to a crisp, and a doughy inner layer. It is better to use less dough and cook it properly all the way through.



“I want my children to have all of the things I couldn’t afford. Then I want to move in with them.”

~ Phyllis Diller

“That best academy, a mother’s knee.

James Russell
Lowell

“The most important thing a father can do for his children is to love their mother.”

Unknown

Quotes, Proverbs & Teachings

Proverbs About Mothers

“A man loves his sweetheart the most, his wife the best, but his mother the longest.”

~ Irish Proverb

“Grandmas are moms with lots of frosting.”

~ Unknown Author

“Biology is the least of what makes somebody a mother.”

~ Oprah Winfrey

Elders Meditation

Women know more about love than men do. Love is taking, love is sharing, love is learning things about each other.

– Mary Leitka, HOH

The Elder’s say Mother Earth shares her special gifts of love with the women. The women know about bringing forth life and nurturing their offspring. Through this gift of love, the earth really makes the women special. Men should look upon the woman with Sacred Eye. She should be respected. The woman is a role model for love. When the woman talks, we should listen, when she shares, we should be grateful. We should all learn about each other.

Grandmother, teach me to love with the power of the woman.

Seven Teachings: Love

The eagle represents the second of the teachings of the grandfathers - love. This teaching is closely tied in with love for the Creator. One's first love is to be the Great Spirit. You express love for the Great Spirit by loving yourself and how the Great Spirit made you. Only then can you truly love others. If you cannot love yourself, it is impossible to love anyone else. The love for children is important as well, for children are gifts from the Great Spirit.

To feel true love is to know the Creator. Unconditional love is to know that when people are weak, they need your love the most. That your love is given freely and you cannot put conditions on it or your love is not true.

The eagle was chosen to represent this law as the eagle can “reach the highest out of all the creatures in “bringing pure vision to the seeker” Love can be a difficult teaching, as it relies upon the acceptance and acknowledgement of the importance of the spiritual world.

Always act in love, love the Creator, your family and your home.

Fun & Games

“God could not be everywhere and therefore he made mothers.”

- Jewish Proverb

“A mother’s heart is the child’s schoolroom.”

Henry Ward Beecher

“All that I am or ever hope to be, I owe to my angel Mother.”

Abraham Lincoln

“Becoming a mother makes you the mother of all children. From now on each wound, abandoned, frightened child is yours. You live in the suffering mothers of every race and creed and weep with them. You long to comfort all who are desolate.”

Charlotte Gray

Mother’s Advice to Daughter:

Cook a man a fish and you will feed him for a day. But...teach a man to fish and you get rid of him for a whole weekend.



Out of Food Supplies

With four daughters and one son always dashing to school activities and part-time jobs, our schedule was hectic. To add to all of this, we kept running out of household supplies. I instructed them all to let me know when they used the last of any item by writing it down on a note pad on the refrigerator. As a reminder, I wrote at the top “if we are out of it, write it down”. When I checked the pad a few days later, to my delight I found the following message “Mom, you may be a bit old fashioned but you’re not out of it”.

Mom Would Never Say

Things Mom would never say:

1. “How on earth can you see the TV sitting so far back?”
2. “Yeah, I used to skip school a lot, too”
3. “Just leave all the lights on.... It makes the house look more cheery”
4. “ Let me smell that shirt--- Yeah, it’s good for another week”
5. “Go ahead and keep that stray dog, honey. I’ll be glad to feed and walk him everyday”
6. “Well, if Timmy’s mom says it’s OK, that’s good enough for me”
7. “The curfew is just a general time to shoot for. Its not like I’m running a prison around here.”
8. “I don’t have a tissue with me ... just use your sleeve”
9. “Don’t bother wearing a jacket – the wind- chill is bound to improve”



Things My Mother Taught Me

Logic – if you fall off that swing and break your neck, you can't go to the store with me.

Beauty – if you don't stop making that face, it's going to freeze that way.

Foresight – always change your underwear, you never know when you'll have an accident.

ESP – Put your sweater on, don't you think that I know when you're cold?

Meet a Challenge – What were you thinking? Answer me when I talk to you. Don't talk back to me!

Peer Pressure – if everybody else jumped off of a cliff would you do it too?

Humor – When that lawn mower cuts off your toes, don't come running to me.

Conversation – if you can't say something nice, don't say anything at all.

How To Become An Adult – if you don't eat your vegetables, you'll never grow up.

Genetics – you are just like your father.

Germs – don't put that in your mouth, you don't know where it's been!

Roots – do you think you were born in a barn?

Anticipation – just wait until your father gets home.

Hygiene – you have enough dirt behind those ears to grow potatoes!

Justice – one day you will have kids and I hope they turn out just like you... then you'll see what it's like.

“The future destiny of a child is always the work of the mother”

Napoleon Bonaparte



Trivia About Mothers...

- The youngest mother on record was Lina Medina, who delivered a 6½-pound boy by caesarean section in Lima, Peru in 1939, at the age of 5 years and 7 months.
- The odds of a woman delivering twins is 1-in-33. Her odds of having triplets is approximately 1-in-539.
- August is the most popular month in which to have a baby.
- Daughters keep in closer contact with their mothers than do sons.
- There are more phone calls made on Mother's Day than on any other day of the year.
- While nearly 80 percent of Americans will buy a card for mom this year, 83 percent of the cards will be purchased by daughters.
- Mother's Day is the third-largest card-sending holiday.
- Mother's Day is the busiest day of the year for restaurants.

MOTHER

What “**Mother**” Means:

M – is for the million things she gave me,

O – Means only that she’s growing old,

T – is for the tears she shed to save me,

H – is for her heart of purest gold,

E – is for her eyes, with love-light shinning,

R – means right, and right she’ll always be.
Put them altogether, they spell “**MOTHER**”,

A word that means the world to me.



Mother's Day History:

Contrary to popular belief, Mother's Day was not conceived and fine-tuned in the boardroom of Hallmark.. The earliest tributes to mothers date back to the annual spring festival the Greeks dedicated to Rhea, the mother of many deities, and to the offerings ancient Romans made to their Great Mother of Gods, Cybele. Christians celebrated this festival on the fourth Sunday in Lent in honor of Mary, mother of Christ. In England this holiday was expanded to include all mothers and was called Mothering Sunday.

In the United states, Mother's Day started nearly 150 years ago, when Anna Jarvis, an Appalachian homemaker, organized a day to raise awareness of poor health conditions in her community, a cause she believed would be best advocated by mothers. She called it **"Mother's Work Day."**

Fifteen years later, Julia Ward Howe, a Boston poet, pacifist, and author of the lyrics to the "Battle Hymn of the Republic," organized a day encouraging mothers to rally for peace, since she believed they bore the loss of human life more harshly than anyone else.

In 1905 when Anna Jarvis died, her daughter, also named Anna, began a campaign to memorialize the life work of her mother. Legend has it that young Anna remembered a Sunday school lesson that her mother gave in which she said "I hope and pray that someone, sometime, will found a memorial mother's day. There are many days for men, but none for mothers."

Anna began to lobby prominent businessmen like John Wannamaker, and politicians including Presidents Taft and Roosevelt to support her campaign to create a special day to honor mothers. At one of the first services organized to celebrate Anna's mother in 1908, at her church in West Virginia, Anna handed out her mother's favourite flower, the white carnation. Five years later, the House of Representatives adopted a resolution calling for officials of the

federal government to wear white carnations on Mother's Day. In 1914 Anna's hard work paid off when Woodrow Wilson signed a bill recognizing Mother's Day as a national holiday.

At first, people observed Mother's Day by attending church, writing letters to their mothers, and eventually, by sending cards, presents, and flowers.

(from -123 holiday.net/)



How God Created Mother

God took the fragrance of a flower,
The majesty of a tree,
The gentleness of the morning dew,
The calm of the quiet sea,
The beauty of the twilight hour,
The soul of the stary night
The laughter of the rippling brook,
The grace of a bird in flight,
Then God fashioned from these things
A Creation like no other,
And when his masterpiece was though,
He called it simply MOTHER.

Puzzles

Michif Word Search

h a r a w n b a r p o a k t n
u u a i s o o n w k i m m i m
f a o w e h y n n u h d o o u
a p a f u s i w t a o o w r t
t n l n n w n a a f r e y r k
y o a o n a m m w k y y e d y
o a a y a k a i n n h n m w a
o t m a k i a n s h y a r o m
t a o o m n m i h h i w t u i
i a i a o i a k i m p u k a o
n a n i m h a p h s u o t e w
o p r e u s s l o a o m u n w
a a o a a i b o w k o i k n i
d a f a o d e h o f i k n t n
o p i a n s f y a m a i m s a

Boefloo
Dishinikawshon
Freyr
Kimouwan
Kookum
Maamaa
Mishpoun
Mooshoom
Ooma
Paapaa
Suer
Tahkawyow
Tawnshi
Wetoushpahminan
Yootin

Trivia Question:

“Gone With The Wind” was the Oscar winner for best Picture in 1939 and every woman wanted to be Scarlet O’Hara so she could be courted by the dashing Rhett Butler, played by Clark Gable. Who did Margaret Mitchell, the author of the book that inspired the movie, suggest for the role of Rhett Butler?

(Find the answer on the last page)

Upcoming Events and Information

Canadian Cancer Society – Relay For Life

The Canadian Cancer Society Relay For Life is a celebration of survival and a tribute to the lives of loved ones who have been touched by cancer.

Teams of people commit to raising funds and fighting back against this disease as they participate in a 24 hour non-competitive relay by taking turns walking, running or strolling around a track in your community.

Location: Masich Place Stadium

Date: Friday May 8th – Sunday May 10th

Contact: Erin Reynolds 250.564.0885 ereynolds@bc.cancer.ca

Elks May Day Parade

May Day greetings & May Queen ceremonies will occur after the parade on the steps of City Hall. Parade will include commercial, service groups & children's floats of all kinds.

Location: City Hall

Date: Saturday, May 9th

Time: 8 am to 11 am

Contact: 250.562.5522

RBC Shred A Thon

Join us for a BBQ, all proceeds going to the Hospice Society. Fun activities for kids including inflatable games, face painting and prizes. Join us at a community event aimed to encourage everyone to protect their identity by shredding old documents containing personal information. Also, meet local Olympian Chris Wong!!

Location: College Heights Branch – 6111 Southridge Avenue

Date: Saturday, May 9th

Time: 8 am to 11 am

Cost: BBQ by donation

PGARA Speedway

Come watch drivers race around the track. Hobby stock, mini stocks, thunder cars & hit-to-pass.

Location: PGARA Speedway

Date: Sunday, May 17th

Contact: 250.563.3358 or www.pgara.ca

Annual Charity Garage Sale

A fundraiser in support of Volunteer Prince George and the Railway and Forestry Museum. Donations can be dropped off at the Museum.

Location: Prince George Railway and Forestry Museum

Date: Saturday May 30th to Sunday May 31st

Time: 10 am to 3 pm

Genealogy Club

The genealogy club meets on the third Tuesday of each month. The topic for April is “the most interesting person in my family tree”. Members are to come with a short statement about an interesting person.

Location: St. Giles Presbyterian Church, 1500 Edmonton Street

Date: Tuesday, April 21st

Time: 6.45 pm to 9 pm

Early Years Health Fair

The Early Years Health Fair is a great opportunity for families to connect with health professionals dedicated to healthy early childhood development. Information for families and their children aged 18 months to 5 years will be available at this fun, free event. Check out the info-booths, children’s activities, and enter your name to win a prize.

Location: Exploration Place

Date: Saturday, June 6th

Time: 9.30 am to 1 pm

Contact: Tricia Avison 250.962.2455 or atavision@shaw.ca

Pot Luck Lunch

The Nechako Métis Elders Council will be having their final pot luck lunch of the year until September. Activities include crib, bingo and crafts.

Location: Moose Hall, Douglas Street

Date: Sunday, June 7th

Time: noon

Contact: Joyce Roberts 250.562.6325

2009 Fastpitch Tournament

The original tournament was called "July First" and was started by Charlie Ghostkeeper over 40 years ago. Last year the Regina Hawks beat the PG Black Sox and both teams have indicated that they will be back for the event.

This year, the tournament will include Treaty, Midget and Bantam Divisions allowing more teams to participate at a comparable level.

Date: July 3rd to 5th, 2009

Facebook Group: 2009 Prince George Canada Day Fastpitch

Aquatic Centre

Toonie swim hours:

Monday to Friday: 12 pm – 1 pm, 2 pm – 3pm

Monday to Thursday: 9 pm – 10 pm

Location: Aquatic Centre

All My Relations

There will be AA meetings on Sunday nights, followed with an after

session smudge ceremony.

Location: Alano Club – 766 Alward Street

Date: Sundays

Time: 6 – 7 pm

Cost: Free

Contact: 250 563 9517

Contact Information

Aboriginal Business & Community Development Centre – 250 563 6325

Crisis Line – 250.563.1214

Dak'elh Elders - 250.614.7731

Lheidli T'enneh - 250.963.8451

Nechako Métis Elders - 250.562.6325

Prince George Métis Elders - 250.562.2771

Prince George Native Friendship Centre – 250.564.3568

Residential School Crisis Line – 1.866.925.4419

Residential School Settlement: Common Experience Payment –
1.866.699.1742

Trivia answer: It's really hard to believe, but Margaret Mitchell said she would suggest that Groucho Marx play the dashing Rhett Butler in Gone With The Wind.

This is YOUR newsletter, is there something you would like to see included? Contact Laura at blumhagen@abdc.bc.ca or Joyce jroberts@abdc.bc.ca. We can also be reached at 250.562.6325. The deadline for the June edition is May 28th.

