



UNITED INDIAN COUNCILS

**PERSONAL AND COMMUNITY
WELLNESS**



"KEEPING THE CIRCLE STRONG"

APRIL 1993



MISSISSAUGAS OF ALDERVILLE
CHIEF LEONARD GRAY

CHIPPEWAS OF BEAUSOLEIL
CHIEF JEFF MONAGUE

MISSISSAUGAS OF CURVE LAKE
CHIEF KEITH KNOTT

CHIPPEWAS OF GEORGINA ISLAND
CHIEF WILLIAM MCCUE

MISSISSAUGAS OF HIAWATHA
CHIEF FRANK COWIE

MISSISSAUGAS OF NEW CREDIT
CHIEF MAURICE LAFORME

CHIPPEWAS OF RAMA
CHIEF NORMAN STINSON

MISSISSAUGAS OF SCUGOG ISLAND
CHIEF YVONNE EDGAR

POTTAWATOMI OF MOOSE DEER POINT
CHIEF ED WILLIAMS



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PERSONAL AND COMMUNITY WELLNESS

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UNITED INDIAN COUNCILS

Personal and Community Wellness Conference

In April of this year the United Indian Councils (UIC) held our first Personal and Community Wellness Conference for all of our member First Nations.

Sixteen Native presentors were brought in from Ontario and from across the United States that are active in the wellness movement, and knowledgeable about the promotion and power of community revitalization. The conference proved very beneficial towards opening up everyone's eyes and hearts as to what will be necessary to promote and develop, strong, positive, Indian governments within the United Indian Councils communities, now and in the future.

The "wellness" movement has been ongoing for a relatively long period of time in the United States, but in Canada our people have only recently become actively involved in the process of community healing. Like most First Nations across this country, the United Indian Councils have more than our share of social dysfunction and community factionalism. We are also facing an overwhelming absence of community pride; lack of knowledge of our cultural roots and heritage; high levels of personal and community apathy; and an intense resistance to change.

The follow up meeting summaries show very clearly how strongly people at the community level feel about having input into everything that is currently being developed by the United Indian Councils. Most of our members are resistant to any kind of change; regardless of the source, but many have agreed to looking carefully at the possibilities of a new approach.

We have noted that when the Indian Act was imposed upon our people they resisted strenuously and it took a long time for them to change their ways to accommodate the Indian Act system of government in our communities. That imposition created a lot of "dis-ease" deep within the very fabric of our communities. We now see that defining Indian Government "for the people by the people" will be equally as difficult. The process has been and will continue to be met with resistance at the community level. It appears that, "what you are used to" and "know best" over a long period of time becomes most important, and therefore produces ongoing resistance to anything different, even when it means returning to a traditional form of governance.

The United Indian Councils have been working on the development and implementation of traditional forms of Indian

Government in a modern context for a period of eight years. In that time frame we have laid down extensive human resource networks, produced above average technical work, developed and implemented on-going leadership training and negotiation skills workshops, and focused on community input and support.

Aboriginal self-government has been proposed as the only solution to social dysfunction at the First Nation level, and all of our leaders have identified the development and implementation of Indian Government as a significant element in their vision of community renewal and empowerment.

However, in the process of clarifying and developing a structure of government which can meet the needs of our community members, we have repeatedly noted that the social dynamic of a community has a significant impact on the level of commitment and support that is available for Indian Government and the United Indian Councils process. While aboriginal self-government will present one solution to a multitude of problems at the community level, it will not be the only solution.

No Government can be functional without the support and involvement of the people it represents. At present our communities do not have the internal capacity to run an efficient and effective government, mainly because of the debilitating dependency that has been fostered unchecked by the Indian Act system. It is the intention and stated goal of the United Indian Councils First Nation Chiefs, Councillors, Vice Chiefs, and Advisors to ensure that the people are there at the forefront of this initiative to ensure its relevancy and success for each member First Nation.

Thus as the Indian Government process has developed, it has become clear that we need to take a step back and carefully examine where our people are, and what needs to be done to ensure that they are with us every step of the way.

The "Personal and Community Wellness" conference was conceived as a means to begin the healing process at the community level, and as a way to link personal and community wellness with governance. It also represents an effort to make the Indian Government process more relevant to each First Nation individual. The focus of the conference was on the need to take personal responsibility for what is going on around you, and to strive for personal knowledge and commitment to everything in your community, including the development of your own Indian Government.

The conference has helped the United Indian Councils recognize the need to heal and build up the community social structure. The UIC also recognizes that many generations of dysfunctional family units and community breakdown have contributed to an environment where most families are pitted against each other for scarce resources and goods. Housing is always a priority at the reserve level, and for many people self government is simply interpreted having the potential to put them further down the housing list because family X will gain more power and control. There is no real sense of the potential of things improving or becoming more equitable through a more democratic system designed specifically by and for their own community. This is a perception that we are working to alter through the process of personal and community empowerment.

We have repeatedly stated that Indian government is about people "doing" things for themselves, about learning "how" to "do" for themselves, and in turn teaching their children about looking after themselves. It has taken a couple of hundred years to bring us to where we are now, and it is going to take us at least two generations to get us back onto our feet and expressing real self confidence.

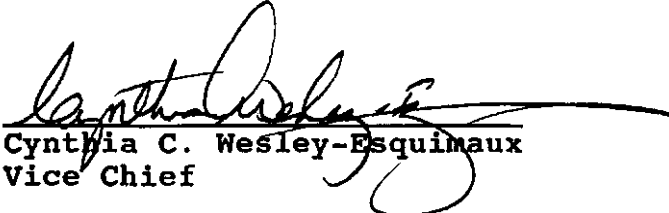
The move towards wellness and empowerment by the United Indian Councils has received a positive response. You will note from the attached questionnaire results that members of the United Indian Councils communities are prepared to participate in this new direction and feel that it will help the Indian Government process have more relevance to them.

Involvement on a wellness path has also brought to the surface many conflicting emotions and ideologies. It was noted by people in attendance that there were concerns regarding the traditional way of life vs the Christian way of life, and a fear of presentors expecting painful disclosure from people attending the sessions.

The UIC staff and advisors will be providing ongoing clarification and support for all of the concerns that were raised as a result of this conference. It is not the intention of the UIC to promote the "expression" of individual spirituality one way or the other. The idea of wellness addresses the self identity or inner spiritual base of each person, and their connection to a higher being or source of strength and comfort. How people chose to express or practise that connection is a personal choice that is accepted and respected by everyone working on behalf of the First Nations through the United Indian Councils.

(4)

In regards to the question of personal disclosure of painful memories or experiences, we recognize that there is sometimes a very real need to address specific personal issues before one can move on towards mental, emotional, physical and spiritual wellness, but those deeper needs are not in the purview of the UIC process. We will only be dealing with issues of self-esteem, goal setting, personal empowerment, etc., in the context of the ongoing development and implementation of Indian Government. Any issues that need to go to a deeper or therapeutic level will be referred to people properly trained to handle those needs. If requested the United Indian Councils advisors and staff are prepared to steer those in need of individual attention toward professional and/or traditional help.



Cynthia C. Wesley-Esquiaux
Vice Chief





UNITED INDIAN COUNCILS

ROYAL COMMISSION RESEARCH QUESTIONNAIRE RESULTS

**UNITED INDIAN COUNCILS
PERSONAL & COMMUNITY
WELLNESS CONFERENCE**

April 20-22, 1993

CHIPPEWA • MISSISSAUGA • POTTAWATOMI

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INTRODUCTION

Through out the conference and afterwards, United Indian Councils participants were asked by the Community Consultation workers to respond to six questions. The questions (see following page) were asked in an attempt to gauge how important activities such as the United Indian Councils Personal & Community Wellness Conference are to UIC membership in the development of First Nation Governments. Ninety-three percent of UIC members polled thought that activities aimed at community healing should be included in the development of First Nation Governments.

The questions were also asked in an attempt to find out if personal and community wellness were made a primary issue in the development of First Nation Governments would First Nation Government become more favourable to UIC membership. Ninety-one percent of UIC members polled thought that if wellness were made a primary issue in the development of First Nation Government it would become more favourable to them.

We also wanted to find out if membership felt the conference was helpful in addressing the need for community wellness in the development of UIC First Nation Governments. Ninety percent of UIC members polled thought that the UIC Personal & Community Wellness Conference was helpful in addressing this need.

Finally, we wanted to find out if there would be a commitment by the UIC membership to attend a follow up meeting in their community. Seventy-eight percent of UIC members polled thought that they would attend a follow up meeting in their community.

When asked what might the United Indian Councils staff do to interest other community members in attending this follow up meeting among the most common comments were to have the involvement of leadership at the meetings and to personally invite community members to attend.

Greer Atkinson,
United Indian Councils
Community Consultation

**Royal Commission Research Questionnaire
Results**

RESPONDENTS: 112

2. Do you think your First Nation's move towards more control over its's government should include more activities aimed at community healing?

Strongly Agree	70
Agree	33
Don't Know	6
Disagree	2
Strongly Disagree	0

3. If community wellness were made a primary issue in the development of your First Nation's government, would it become more favourable to you?

Strongly Agree	65
Agree	36
Don't Know	9
Disagree	1
Strongly Disagree	0

4. Do you feel this conference is helpful in addressing the need for community wellness in the development of our own First Nation governments?

Strongly Agree	73
Agree	28
Don't Know	2
Disagree	9
Strongly Disagree	0

5. There will be a meeting held in your community in May or June to address health and wellness in your community as it relates to your First Nation Government. Will you attend this meeting?

Strongly Agree	50
Agree	31
Don't Know	21
Disagree	3
Strongly Disagree	0

6. Can you suggest ways to interest your community in attending this meeting?

* Please see the community results for these suggestions and other comments.

**Royal Commission Research Questionnaire
Community Results**

BEAUSOLEIL FIRST NATION: 17 respondents

2. Do you think Beausoleil's move towards more control over it's government should include more activities aimed at community healing?

Strongly Agree 15

Agree 2

Don't know 0

Disagree 0

Strongly Disagree 0

3. If community wellness was made a primary issue in the development of Beausoleil's government, would it become more favourable to you?

Strongly Agree 11

Agree 6

Don't Know 0

Disagree 0

Strongly Disagree 0

4. Do you feel this conference is helpful in addressing the need for community wellness in the development of our own First Nation governments?

Strongly Agree 12

Agree 5

Don't Know 0

Disagree 0

Strongly Disagree 0

5. There will be a meeting held in your community in May or June to address health and wellness in your community as it relates to Beausoleil's government. Will you attend this meeting?

Strongly Agree 7

Agree 2

Don't Know 1

Disagree 1

Strongly Disagree 0

6. Can you suggest ways to interest your community members to attend this meeting?

- * Drag them in.
- * Talk about what was experienced here.
- * Chief and Council.
- * Have more information sent house to house.
- * Have good food.
- * Send Chief out.
- * Feel that this conference and health people in community will generate interest. Do not feel anything needs to be added.
- * Sharing what was learned here. General meeting. Generate through Smoke Signals (UIC quarterly). Information such as Smoke Signals delivered house to house. Make information easily accessible.
- * Have donuts.
- * Have a traditional feast.

- * Use good communication, and across table dialogue at the meeting
Sit down and talk to elders.

Other comments on conference:

- * Change length of day, too long, we get restless. Also an indication of what would be more interesting for youth. Break between sessions.
- * Pretty good.
- * I really enjoyed this conference. I have found something in myself that I didn't know I had. I learned more about myself this week than I have in a long time.
- * If wellness were made a priority it would make me feel more sure that our people could lead us in a way that would benefit their people. An unhealthy government could pull us all down.

MOOSE DEER POINT: 9 Respondents

2. Do you think Moose Deer Point's move towards more control over its government should include more activities aimed at community healing?

Strongly Agree	6
Agree	2
Don't Know	1
Disagree	0
Strongly Disagree	0

3. If community wellness was made a primary issue in the development of Moose Deer Point's government, would it become more favourable to you?

Strongly Agree	4
Agree	3
Don't Know	1
Disagree	0
Strongly Disagree	0

4. Do you feel this conference is helpful in addressing the need for community wellness in the development of our own First Nation governments?

Strongly Agree	4
Agree	3
Don't Know	1
Disagree	0
Strongly Disagree	0

5. There will be a meeting held in May or June to address health and wellness in your community. Will you attend this meeting?

Strongly Agree 2

Agree 2

Don't Know 4

Disagree 0

Strongly Disagree 0

6. Can you suggest ways to interest your community members to attend this meeting?

* No one was able to give suggestions

Other comments

* This conference was helpful and it can help our people a lot. It is a good move towards Self Government and it was more traditional than political.

* The conference was very well organized. The presenters were excellent and the topics were good. I learned a lot. Personal and community wellness is extremely important everywhere and if we achieve a sense of wellness in our communities, it will be a success for our future and the generations to come.

* Well organized, good topics and speakers.

* Well attended! It was good to see all the communities (young and old) come out. You can tell there was a lot of input by coordinators and local government. More workshops like these are needed.

RAMA FIRST NATION: 26 Respondents

2. Do you think Rama's move towards more control over it's government should include more activities aimed at community healing?

Strongly Agree	14
Agree	11
Don't Know	0
Disagree	0
Strongly Disagree	0

3. If community wellness was made a primary issue in the development of Rama's government, would it become more favourable to you?

Strongly Agree	13
Agree	11
Don't Know	1
Disagree	0
Strongly Disagree	0

4. Do you feel this conference is helpful in addressing the need for community wellness in the development of our own First Nation governments?

Strongly Agree	13
Agree	12
Don't Know	0
Disagree	1

Strongly Disagree 0

5. There will be a meeting held in May or June to address health and wellness in your community. Will you attend this meeting?

Strongly Agree 10

Agree 14

Don't Know 1

Disagree 1

Strongly Disagree 0

6. Can you suggest ways to interest your community members to attend this meeting?

- * Free lunch, dinner.
- * Conference additional topics (sexual abuse, child abuse, ACOA)(sic).
- * Have Chief and council send out a letter stressing the importance of the meeting.
- * Pick up elders, and send out reminders.
- * Personally invite people (5 people suggested this).
- * Have Chief and Council present at the meetings, their support will filter down to the community.
- * More focus on leadership.
- * Have T shirts.
- * Hold a draw and make people know that they have to be there to collect the prize.
- * Have leadership involved.

Other comments:

- * The conference was very helpful. I have such a positive outlook at everything! I am afraid I will not be able to make the meeting.

- * More and more conferences in the Rama area.
- * More conferences.
- * Rama has a lot of problems now and we need to stop distrusting each other. We need to interact for the benefit of all, not just one.
We need to have a small conference like this at home on the weekend.

CURVE LAKE: 19 Respondents

2. Do you think Curve Lake's move towards more control of its government should include more activities aimed at community healing?

Strongly Agree	7
Agree	11
Don't Know	1
Disagree	0
Strongly Disagree	0

3. If community wellness was made a primary issue in the development of Curve Lake's government, would it become more favourable?

Strongly Agree	8
Agree	4
Don't Know	6
Disagree	1
Strongly Disagree	0

4. Do you feel this conference is helpful in addressing the need for community wellness in the development of our own First Nation governments?

Strongly Agree	16
Agree	2
Don't Know	1
Disagree	0

Strongly Disagree 0

5. There will be a meeting held in May or June to address health and wellness in your community. Will you attend this meeting?

Strongly Agree 7

Agree 2

Don't Know 8

Disagree 1

Strongly Disagree 0

6. Can you suggest ways to interest you community members to attend this meeting?

- * One day specifically designed for youth
- * People who attend this conference need to spread the word. More wellness.
- * TALK to the people.
LISTEN to the people.
INFORM the people.
RESPECT their voices.
- * Council and staff need to be involved and committed. Members will follow.

Other comments:

- * Helpful for me but more people need to be here. Unfortunately it was not well promoted at Curve Lake.
- * Very worth while, learned lots. Should have more like this. Found it to be very enjoyable. Maybe have day just for youth.
- * We need this in our community on a regular basis.
- * The wellness conference is exactly what we (young children, young adults and elders) need. We know that it is okay to be Indian. The findings and teachings

need to be given and reinforced.

- * Stay overnight at the hotel so we don't have to get up.
- * It a very good experience for me. I learned a lot from my elders.
- * I would like more conferences like this.

HIAWATHA: 9 Respondents

2. Do you think Hiawatha's move towards more control over its government should include more activities aimed at community healing.

Strongly Agree	7
Agree	2
Don't Know	0
Disagree	0
Strongly Disagree	0

3. If community wellness was made a primary issue in the development of Hiawatha's government, would it become more favourable to you?

Strongly Agree	7
Agree	2
Don't Know	0
Disagree	0
Strongly Disagree	0

4. Do you feel this conference was helpful in addressing the need for community wellness in the development of our own First Nation governments?

Strongly Agree	7
Agree	1
Don't Know	0
Disagree	0

Strongly Disagree 0

5. There will be a meeting held in May or June to address health and wellness in your community, will you attend this meeting.

Strongly Agree 7

Agree 1

Don't Know 1

Disagree 0

Strongly Disagree 0

6. Can you suggest ways to interest your community members to attend this meeting.

- * We need the support and encouragement of our Council and Elders. Offer traditional food.
- * I believe our leaders should be here.
- * Include Council and Chief almost as mandatory, use local persons to talk of their wellness journey, traditional teachers brought into the community.
- * It is just going to take time to reach all the people. The community will reach a low before it reaches a high.

Other Comments:

- * More meetings/ conferences should be held to address wellness. There are families who think Native Wellness is a "cult" and are afraid. If we could get one person from these families to a wellness conference. Maybe, these people could influence others.
- * This event should take place every year.
- * I would like to see traditional medicine and healing.

ALDERVILLE: 16 Respondents

2. Do you think Alderville's move towards more control over its government should include more activities aimed at community healing?

Strongly Agree	11
Agree	4
Don't Know	1
Disagree	0
Strongly Disagree	0

3. If community wellness was made a primary issue in the development of Alderville's government, would it be more favourable to you?

Strongly Agree	11
Agree	3
Don't Know	1
Disagree	1
Strongly Disagree	0

4. Do you feel this conference is helpful in addressing the need for community wellness in the development of our own governments?

Strongly Agree	14
Agree	2
Don't Know	0
Disagree	0

Strongly Disagree 0

5. There will be a meeting held in May or June to address health and wellness in your community. Will you attend this meeting?

Strongly Agree 10

Agree 2

Don't Know 4

Disagree 0

Strongly Disagree 0

6. Can you suggest ways to interest your community members to attend this meeting?

* Healing circles, drum and dance social, teachings on culture, traditional medicines, sweat lodge built, and longhouse.

* Health information sessions.

* More traditional healing and talks with Elders.

* Word of mouth.
More traditional teachers and circles at home.

* Telling others what we experienced at this wellness conference, very, very, excellent spiritual upbuilding. Also, if Alderville could have a drum and dance.

* If community members would attend an annual meeting/conference like this they would feel the need to have wellness at home.
If you brought the drum and dance to Alderville that would be a good start.

* Have a feast.
Personal invitations.

* Don't make meeting so expensive that people cannot attend. Make meetings accessible. Also, create opportunities for Native people to come together with each other without outside people (non-Native) first to have a chance to become

strong and then allow others in that circle.

- * There are many barriers for people to participate, i.e. work, school. I believe that holding a conference on a weekend would have had a better turn out.
Obtaining local resource people and those from other communities to help.

Other comments:

- * This is the most informative, learning experience I have ever attended for Natives.
- * Have more traditional activities.
- * Continue full moon circle and more talking circles.
- * Keep up the good work.
- * It is beneficial that the presenters associate with and be a part of the people seeking wellness.
- * (re other activities) Teach traditional dancing and drumming.
Have sewing class to make each child/adult a traditional costume.
Have an annual Pow Wow.
Life skills for self esteem.
- * (re other activities) Have communities gathering together.
Have Elders give teachings or be given a chance to play a more active role in leadership/government.
- * (re other activities) Continue having talking circles and full moon ceremonies.
Invite drummers to come and have social.
Invite people to come and do teachings on wellness,etc.
- * (re other activities) Continue with talking circles.
Have more ceremonies.
Have more informative get togethers.
- * Have another wellness conference.

GEORGINA ISLAND: 7 Respondents

2. Do you think Georgina Island's move towards more control over its government should include more activities aimed at community healing?

Strongly Agree 7

Agree 0

Don't Know 0

Disagree 0

Strongly Disagree 0

3. If community wellness was made a primary issue in the development of Georgina Island's government, would it become more favourable to you?

Strongly Agree 5

Agree 2

Don't Know 0

Disagree 0

Strongly Disagree 0

4. Do you feel this conference is helpful in addressing the need for community wellness in your community?

Strongly Agree 5

Agree 2

Don't Know 0

Disagree 0

Strongly Disagree 0

6. There will be a meeting held in May or June to address health and wellness in your community. Will you attend this meeting?

Strongly Agree 5

Agree 0

Don't Know 2

Disagree 0

Strongly Disagree 0

6. Can you suggest ways to interest your community members to attend this meeting?

* Take a survey on Aboriginal People in the community to see what they think of learning about tradition and culture.

Have a guest speaker i.e. Ojibway elder, native counsellor, etc.

* Maybe everyone that attended this conference could go back to their community and talk about what we learned; how the feelings that we felt here are healing feelings.

* Involve members at conference in determining how to involve other community members.

Other comments:

* It was a very excellent conference. I learned a lot more about myself and how to keep myself and others. It gave me even more strength. Meegwetch.

NEW CREDIT: 2 Respondents

2. Do you think New Credit's move towards more control over its government should include more activities aimed at community healing?

Strongly Agree	1
Agree	1
Don't Know	0
Disagree	0
Strongly Disagree	0

3. If community wellness were made a primary issue in the development of New Credit's government, would it become more favourable to you?

Strongly Agree	1
Agree	1
Don't Know	0
Disagree	0
Strongly Disagree	0

4. Do you feel this conference is helpful in addressing the need for community wellness in the development of our First Nations governments?

Strongly Agree	1
Agree	1
Don't Know	0
Disagree	0
Strongly Disagree	0

5. There will be a meeting held in May or June to address health and wellness in your community. Will you attend this meeting?

Strongly Agree 1

Agree 1

Don't Know 0

Disagree 0

Strongly Disagree 0

6. Can you suggest ways to interest your community members to attend this meeting?

* Support of Chief and Council

* Wellness weekends at home

SCUGOG: 5 Respondents

2. Do you think Scugog's move towards more control over its government should include more activities aimed at community healing?

Strongly Agree	5
Agree	0
Don't Know	0
Disagree	0
Strongly Disagree	0

3. If community wellness was made a primary issue in the development of Scugog's government, would it become more favourable to you?

Strongly Agree	5
Agree	0
Don't Know	0
Disagree	0
Strongly Agree	0

4. Do you feel this conference is helpful in addressing the need for community wellness in the development of our own First Nation governments?

Strongly Agree	3
Agree	2
Don't Know	0
Disagree	0

Strongly Agree 0

5. There will be a meeting held in May or June to address health and wellness in your community. Will you attend this meeting?

Strongly Agree 4

Agree 1

Don't Know 0

Disagree 0

Strongly Disagree 0

6. Can you suggest ways to interest your community members to attend this meeting?

* Have Ojibway teachers with cultural teachings.

* Distribute literature to each house hold which could possibly create some interest in attending a meeting.

Other comments:

* Good conference! I would like to see our four First Nations (Alderville, Hiawatha, Curve Lake, and Scugog) host one on a smaller scale, on one of our reserves.

* Healing and wellness should be a first priority in our communities if we are to implement and maintain self government on our First Nations.

* I would like to see more emphasis placed on Ojibway teachings if possible.

* #4 seems to me to be asking two separate questions. Yes this conference was helpful in addressing the need for community wellness. As for the issue of self government (if this is what you mean by "developing of our own First Nation government") Yes, it is helpful, but we can't wait for communities to become "well" for self government to be implemented. The support in numbers at this conference should indicate that there are responsible people in our communities who would make it a priority of community wellness in the event of self government.





UNITED INDIAN COUNCILS

**The
United Indian Councils
Personal & Community
Wellness Conference**

April 20-22, 1993

EVALUATION RESULTS

EVALUATION RESULTS

The United Indian Councils Personal & Community Wellness Conference April 20-22, 1993

	EXCELLENT	GOOD	FAIR	POOR
1. Conference format and organization	46	28	0	2
2. Did we meet conference objectives?	38	30	4	1
3. Workshop topics were relevant to me	44	28	2	1
4. The level of value you received from this conference	53	22	0	0

5. What topic(s) was most helpful to you?

(to this question people either wrote specific workshops down or gave comments. All comments have been recorded and specific workshops have been tallied.)

* Spirituality, Relationships, Family Values, Traditional teachings, and Treatment.

* Listening to Paul Ortega speak and sing.
Learning to like myself and to help others.
How you got everyone to participate in the workshops.
Simple teachings that make sense and are easy to do.

* Listening to Vera Martin's presentation.

* Family oriented topics.
Communication and sharing.

* Drummers, and strong talk of knowing who we are.

* Talking Circles.

* Getting to know ourselves and our roots.

* None.

* All of them.

* All.

UIC Wellness Conference, Evaluation Results

- * All I attended.
- * Wellness.
- * All topics I heard were most helpful to me.
- * Family unity, humour, traditional teachings.
- * Family circle.
- * Keynote speakers: Set the tone for the day.
- * Spiritual healing.
- * All of the topics were helpful but the most powerful was the talking circle!
The session on relationships with Billy Rogers was also excellent.
- * Youth workshop.
- * Community healing.
Knowing oneself first in order to help others (i.e. emotionally, physically, spiritually).
- * The clan system with Vera Martin.
- * Community healing, sharing and caring.
- * Dealing with emotions, culture, and traditions.
- * I think all of the workshops were helpful even if it was only to think of these people as good, healthy role models.
- * I was only able to attend Delma Boni's session, it was excellent.
- * I enjoyed Damon Polk because he seemed to live what he preached.

Workshop tallies:

- 20 BUILDING HEALTHY RELATIONSHIPS -Billy Rogers
- 11 FAMILY VALUES AND TRADITIONS - Damon Polk, Delphine Small, Daniel Polk
- 7 ELDER TEACHINGS - Vera Martin
- 7 SELF ESTEEM - WHO ARE YOU - Cynthia Wesley
- 4 WHY OUR TRADITIONS OF YESTERDAY ARE IMPORTANT TODAY - Floyd King
- 3 NATIVE AMERICAN SPIRITUALITY AND HUMOUR - Delmar Boni

- 3 TRADITIONAL TEACHINGS - Vera Martin
- 3 SETTING GOALS - Cynthia Wesley
- 3 TALKING CIRCLES
- 2 COMPLETING THE CIRCLE - Kim Sault
- 2 BUILDING & MAINTAINING WELLNESS NETWORKS - Jayne Goodluck
- 2 IMPLEMENTING IDEAS AT THE COMMUNITY LEVEL - Damon Polk
- 1 HOLISTIC WEIGHT CONTROL (nutrition) - Janet Budgell
- 1 TALKING CIRCLE - Nellie Speelman
- 1 FROM WORDS TO ACTION - Billy Rogers
- 1 THE DRUM, IT'S ORIGINS, IT'S TRADITIONS - Garry Sault
- 1 SPIRITUALITY AND HEALING
- 1 SPIRITUALITY AND HEALING - Neil Monague

6. Is there an activity or workshop that was not helpful to you?

(Participants either answered "no" or provided us with the following comments)

- * It would have been nice to have Sunrise Ceremonies and talking/ healing circles outside workshop events.
- * Elder Teachings.
- * Man/woman images.
- * Thursday a.m. speakers did not show up.
- * Never got to go to all of them, but the ones I attended were helpful (very).
- * The Drum, Its origins, its traditions (did not like Garry Sault).
- * I did not find the Nutrition Workshop particularly helpful. Perhaps, because it was information with which I was already familiar.
- * No, they were all relevant in some form.
- * Almost all I attended were great.
- * Nothing! I loved the speakers, workshop topics. It was certainly hard to determine which topic to go and participate in.

UIC Wellness Conference, Evaluation Results

- * Personal and Family Relationships.
- * They were very helpful.
- * When there was teaching on another tribe's culture and not our (Ojibway).
- * Spirituality and Healing (Neil Monague) did not satisfy me the way other workshops did. Neil seemed to fumble when he talked about the spirituality. It was not a total loss however, as his gentleness and genuine nature compensated for any shortcomings.

7. What did you like best about the conference ?

- * All the happy faces. The respect for each other for three days. All the good comments received.
- * The "back to earth" feeling I got.
- * Variety of workshops and excellent speakers and humour.
- * Elder Teachings.
- * The resource people were excellent. The elders and youth present.
- * Closeness. Relaxed atmosphere and belonging. This was my first one and I was very pleased.
- * Workshops.
- * Meeting other native people from other bands.
- * Participation.
- * Being able to get together with other communities and sharing ideas and teachings.
- * All the humour.
- * Everything.
- * The guys workshops, pool and the social. The talking circle.
- * Interaction in workshops.
- * Our own communities coming together.
- * All of it. Good location. I know that it would be difficult to hold one of this size on reserve. Evening entertainment- excellent. Excellent facilities.
We need to make this an annual UIC Wellness Conference.

UIC Wellness Conference, Evaluation Results

- * The feeling of oneness. We are all here for one reason; to make our life better.
- * Taking part in a sweat lodge.
- * The talent show.
- * The workshops.
- * Learning more about traditions and learning more about my elders.
- * Meeting new friends and renewing old acquaintances. Learning about new strategies for bettering our families lives and the wellness of our communities.
- * The original recognition that there was/is a need for focus on wellness!
- * The hospitality and the sharing of ideas.
- * Peaceful location.
- * Prayers and the togetherness and belonging and hugging.
- * Social interaction with others; prayers/songs, people of all ages sharing, hugging, and having fun together. Support within talking circle sessions. Lodge ceremony.
- * Closeness of the people and the gatherings in the evenings.
- * Relaxing, friendly and loving atmosphere, as well as lots of humour.
- * Place where it was held.
- * Good variety of resource people, they really know their stuff.
- * When we had the social.
- * Billy Rogers "Building Healthy Relationships" and "Words to action".
- * Friendly atmosphere.
- * The feeling of healing some parts of my bad feelings. Learning how to deal with relationships and youth i.e. family and friends.
- * Hospitality.
- * First Nations coming together to share healing and wellness.
- * The people, guests from down south. Delmar, Paul, Billy, Damon , etc, etc.
- * The sharing, interaction, and humour.

UIC Wellness Conference, Evaluation Results

- * Wellness.
- * Meals.
- * Food.
- * The people.
- * Meeting different people, getting different ideas.
- * Everything was very helpful and informative.
- * Location, atmosphere and attitude, workshops, food.
- * Overall it was great! Location and meals were excellent. Conference was well organized, had excellent guest facilitators and the people were warm and friendly.
- * The variety of workshops available and the accommodations.
- * The closeness of the people.
- * Being with lots of Anishnabek.
- * Meeting all the local Native communities.
- * The uplifting feeling that results from universal brotherhood.
- * Very friendly atmosphere.
- * The humour in the conference.
- * The togetherness, and the caring from the presenters.
The ceremonies, i.e. the talking circles.
- * The social with the drums and dancing and whenever I was learning something about my own culture (Ojibway).
- * The diversity of topics was terrific, but most enjoyable were the tremendous speakers in attendance.
Also, the evening activities were thoroughly enjoyable.
- * The variety of topics and activities.
- * The registration fee was included in cost of room.
Good services at The Fern Resort.
The conference was well organized.
- * What I liked best was the overall focus on wellness and having these different people speaking about self esteem and being proud of our Native heritage.

UIC Wellness Conference, Evaluation Results

- * The networking.
- * Very well organized.
- * A chance to hear Natives talking to other Natives about good things.
- * Like most conferences of this nature, the atmosphere of being around other Natives is what I enjoy the most.
- * Meeting old friends, making new ones, and the community participation.
- * The togetherness.

8. In your opinion, what are two major health and wellness issues affecting your community?

(Out of 75 participants of this questionnaire, 47 answered ALCOHOL & (OR) DRUGS)

- * Diabetes. Native traditions should not die away. We should pass the message to start now!.
- * Personal denial. Community division i.e. denial of community problems.
- * Fear/Anger and lack of identity, the cause illness and pain.
- * Sex! Clearing up your past! Learning about native culture!
- * The willingness to respect their past. The willingness to deal with their unhappy lifestyle.
- * Low self esteem. There are many physical factors involved.
- * Alcoholism and Negativity.
- * Drugs, alcohol, cigarettes and many of the adults influenced the youth to do many of these things.
- * Alcoholism. Diabetes.
- * Pain. Anger.
- * Child abuse, not necessarily physical.
- * Physical. Emotional. (2)
- * Exclusion from decision making processes locally and subsequent negative impact on self-esteem and sense of belonging to community.
Denial of issues, pain, abuses; emphasis on fancy buildings, systems, job titles.

UIC Wellness Conference, Evaluation Results

- * Labelling/boxing in people. People/professionals forgetting about the humanity of people.
Lack of respect for youth and elderly.
- * To learn and participate in and about the traditional ways (ceremonies & sweats).
More community participation.
- * Anger.
- * Cancer. Scoliosis.
- * Healing.
- * Self worth. They can't find any.
- * Apathy - lack of community spirit.
- * Negativity.
- * Learning to work and live together. Going back to our old ways and values.
- * I feel that communities need a lot of healing, whether it be from family violence, sexual assault,
or alcohol abuse.
- * Mental health (animosity, jealousy, hatred).
Physical health (alcoholism, diabetes, heart and circulatory disease, cancer, family violence).
- * Low self esteem. (2)
- * Low self esteem and community moral.
- * Diabetes and heart problems.
- * Neglect of teenagers and children in dysfunctional families.
- * Lack of communication amongst co-workers.
- * Teen parenting.
- * Unhealthy relationships (professional and personal).
- * Lack of confidence in our ability to help ourselves.
- * People are not independent.
- * Mental health (self esteem).
- * Diabetes and mental health.
- * Depression and low self image.

9. Would you be willing to support a wellness movement in your community?
(i.e. volunteer time, expertise, resources ?)

13 Participants answered that they would volunteer. A few wrote the following comments:

- * Volunteer and encourage others to become involved.
- * Talk about my sobriety and healing paths.
- * I would volunteer or do anything to help the wellness movement.
- * I would be a presenter and could help with public relations/communications
- * I would be willing to volunteer in any way or means necessary to ensure its continued success.
- * I would do volunteer work.

25 Participants answered that they would volunteer time. A few wrote the following comments:

- * Talk about my own road on path.
- * Raise money, i.e. Walk-a-thon.
- * Volunteer time and guidance.
- * I support it now.
- * Volunteer time through a regional newsletter, publish info on events for community wellness and distribute through mailing, to all available resources/organizations/ individuals working with people of all ages.

3 Participants answered that they would volunteer resources.

3 Participants answered that they would volunteer expertise.

- * Expertise - speak on relevant issues as well as being a role model.
- Following are comments that did not fit into the above categories.

- * Anything.
- * Just phone.
- * Women's Circle.
- * I would support a Drug and Alcohol committee and support group.
- * I would help organize a wellness conference.
I would organize - contacting resource people to teach our youth, dancing, drumming, any traditional teachings.
- * I would be willing to support the idea of wellness in my community and would volunteer my time to assist. It is my intent to share what I have learned in my community in hopes that steps will be taken to embark on our "own path to wellness".
- * I would be willing to help organize a wellness movement in my community.

- * Showing love by talking in order to save our future generation.
- * Help promote it.
- * Taking what I have learned and sharing it with people from my community.
- * I would be willing to assist in any way possible.
- * All - we are going to meet soon to talk about where to go from here.
- * Empowerment of children, women. I would like to help in anyway I could.
- * I would like to offer mental health counselling.
- * I would help out at a women's circle.
- * I am a social worker for juveniles and I can donate, and am donating, volunteer time to care for the needs of our teenagers.

10. Can you recommend local resource people we can call upon to address the ongoing wellness needs of our communities?

- * John Loukes - Alderville
- * Mel Jacobs or Chief Keith Knott (3)
- * The youths, elders and people who have attended this conference willing to share or support other future events in wellness concerns.
- * Sandra Moore, NNADAP (4)
Ellisa Loukes
- * Kathy McCue
- * Already been tapped: Harvey & Sue Anderson, Mark Douglas.
- * Nancy George, Lisa McDonald
- * Child Welfare Worker, CHR, NNADAP, Elders, Youth, Role Models.
- * Talks to the Elders, Children, and Women.
- * Lily Bourgeois, John Crowe, Marge Beaver.
- * You can call the Band Office to address the ongoing wellness needs of our communities.
- * Rick Beaver, Marge Beaver, Kathy MacLeod-Beaver.

- * Would have to get in touch with our Health Centre (Alderville).
- * To heal we have to do it within, we have people here.
- * Melody Crowe, Ojibway Language Teacher
Kathy Marsden, Crafts teacher
Marge Beaver/ John Crowe, Elders
Hal Gray, Graduate of Cambrian College
Nancy George, Joanne Smoke, Sherry Mattson, - traditional teachings
- * Jim Dumont (3)
Matilda Knockwood (2)
Floyd King
Merle Pegamegabo (2)
Edna Manitowabi (3)
Bambi Annaconda (2)
Hector Copegog (2)
Dorothy Christian
Stephanie Sandy
Or People with knowledge of the Midewin Society
- * Paul Bourgeois
West Whetan
Leona Stevens
- * Neil Monague
- * Audrey Hill
Ron Wakegijic
- * Greg McGregor
Doug Williams (Curve Lake)
- * Dianne Shilling
- * David Douglas
- * Lorraine McRae
Sherry Lawson
Russell Noganosh
- * Byron Stiles

11. Other?

- * Feasts are a part of wellness. I would also like to see a group of my peers to plan the next workshop.

UIC Wellness Conference, Evaluation Results

- * We have our own island (Sugar Island) at the Alderville First Nation. One hour paddle from the mainland. Excellent place for a conference...Some day, 'The sooner the better.
- * The registration was not organized enough, especially in Rm 620. Low table, no room for everyone. Maybe one person could be responsible for this alone.
- * Workshops for men to confront their own complicity in oppressing many of their brothers and sisters in the community.
- * Smudge beginning of conference (everyone, it can be done).
Helpers for speakers/Elders.
Intro for speakers at beginning of each workshop.
- * Not enough time to take in all the workshops.
Very helpful.
- * I really enjoyed this, thanks for inviting us.
- * The coordinating committee did a good job. The conference was good; helpful to many people.
Keep up the good work.
- * Lunch - far to expensive!!! - no notification prior to conference.
- * Meegwetch! Please plan more conferences like this one. We need them. It is helping our youth.
- * I am really glad that I came for the three days, even though I had to leave early.
- * More information about lunch costs. I feel that it was too expensive.
- * Would like to see results of evaluation and recommendations as a result of evaluations from conference sent to participants. Perhaps pictures of various people and presenters.
- * I thoroughly enjoyed and appreciated the opportunity to attend this very important conference. Excellent calibre!
- * It would have been nice to have presented the people who attended the full three days to receive a certificate.
- * I am thankful that I was able to attend this conference. Personally, I did not care to participate in the sweetgrass burning ceremony.
I Appreciated the session choices offered.
Next time around perhaps acknowledge the Christian point of view also.
- * Having guest presenters from other tribes and nations was good in that they are good role models for the young and even those who are not so young. Hopefully, more leaders will rise up within our Ojibway Nation so we can help each other closer to home and so we can learn about and deal with our own identity.

UIC Wellness Conference, Evaluation Results

UIC Wellness Conference, Evaluation Results

UIC Wellness Conference, Evaluation Results





UNITED INDIAN COUNCILS

**The
United Indian Councils
Personal & Community
Wellness Conference**

Community Follow Up Meeting Results

**ALDERVILLE
HIAWATHA
MOOSE DEER POINT
GEORGINA ISLAND**

CHIPPEWA • MISSISSAUGA • POTTAWATOMI

The
United Indian Councils
Personal & Community
Wellness Conference

COMMUNITY FOLLOW UP MEETING

*"If wellness were made a priority, it would make me
feel more sure that our people could lead us in a way
that would benefit our communities."*

-quote from UIC Wellness Conference

Meeting Objective: Throughout the months of May and June, meetings in each of the communities will be held to address the issue of wellness in the development of each First Nation Government and the UIC Regional Government.

We would like to gain a clear understanding of what each UIC community feels must be in place within the community before healthy government can be a reality.

Mini Workshops: **Personal and Community Goal Setting.**

Cynthia will address methods and practices for effective goal setting. Her focus will be using these methods to foster and promote wellness in relation to the development of First Nation governments.

Implementing Ideas at the community level.

Using a model that identifies individual qualities, Cynthia and Greer will discuss how each person has a specific role to play in the wellness and Indian Government movement. Each person by nature, tends to excel at certain tasks. This workshop will identify individual strengths and how we can use them to achieve our goals together.

At the beginning of the meeting each person will be given a questionnaire that asks specific questions about wellness and the development of First Nation government. This questionnaire will be used throughout the meeting. The questionnaire is designed to be interactive, we would like to change the pattern of the UIC meetings by having participants play an active role in the meeting and in determining where we are going in Indian Government.

The
United Indian Councils
Personal & Community
Wellness Conference

COMMUNITY FOLLOW UP QUESTIONNAIRE

GROUP BRAINSTORMING:

1. What needs to happen in my community before Indian Government can become a reality?
2. What are the steps that need to be taken by this community to get there?
3. Breakdown of Responsibility.
 - what is my leadership's responsibility?
 - what is the responsibility of the UIC staff & advisors
 - what is my responsibility

SELF EVALUATION:

1. What types of tasks do I enjoy and perform well?
2. What types of activities would I be willing to preform to help my community move towards wellness and empowerment?
(see list)
 - check off time available and tasks that you are willing to preform for your community.
3. What are two things that could be done to make the wellness and Indian Government movement relevant to me?

Community and Personal Wellness Conference, Community Follow up

1. What needs to happen in my community before Indian Government can be a reality?

Some of the responses to the above question were common to all of the communities. These have been grouped into specific categories. Comments recorded in only one community have been grouped under the "general comments" category.

Education

- education of people in general, members need to be encouraged to finish high school or to go on to post secondary
- education and awareness of current resources
- education and awareness of current First Nation governments
- education and awareness of the United Indian Councils model
- people must be given/ have a desire to learn

Communication

- needs to be fostered and encouraged between members, and between members and leadership
- youth need to be able to communicate needs to adults

Leadership

- must take a visible and active role in community (i.e., attend community meetings)
- needs to be strong, sober, accountable, and supportive
- mutual respect and trust must be built between community and leadership

Community and Personal Wellness Conference, Community Follow up

Better sense of community

- members as a whole need to be more committed to each other, respectful, supportive, dependable, accepting, kind, and honest
- there needs to be more trust, positive attitudes, a better sense of self esteem, and more healthy role models.
- a better sense of unity and community involvement

Financial and economic security

- this was listed as a priority by all First Nations

Youth

- more activities and programs aimed at youth
- more opportunity/activities for youth and elders to get together
- youth need to be listened to
- need to learn good parenting skills (both youth and adults)

History and Heritage

- should be more traditional teachings
- there needs to be more knowledge and awareness of where we have come from, and of our history
- people need to take pride in their heritage
- get back to traditional values
- find a balance between old ways and modern ways

Community and Personal Wellness Conference, Community Follow up

Community vision

- community needs to have a common vision
- community needs to set goals

Gatherings

- there needs to be more United Indian Councils inter-reserve activities
- there needs to be more gatherings that are drug and alcohol free

General Comments

- individuals have to be healed first
- members need to do more volunteer work community wise
- more by-law enforcement
- acceptance of today's realities
- there needs to be more discipline in the community
- better sense of extended family
- greater sense of spirituality
- protection of inherent rights
- need to be looking to the future not just the now
- disclosure, talking about problems
- the people need to be more supportive of leadership/ leadership more supportive of the people
- people need to have a sense of humour while healing and addressing community problems

Community and Personal Wellness Conference, Community Follow up

- remove fears (i.e. fear of change)

2. What are the steps that need to be taken by this community to get there?

community needs to:

- have more conferences and seminars
- to pay more attention to youth, ie., create a youth council, have after school programs
- to hold more community events to promote unity and sense of community
- to have improved leadership accountability
- to have community goal setting sessions
- to have inter-reserve activities
- to work with and respect other forms of governments
- define what community is
- promote physical health

members need to:

- be supportive of activities aimed at community interaction
- be encouraging and supportive of leadership and membership
- become healthy role models
- attend the workshops
- respect each other's beliefs
- talk more, listen more
- stop putting each other down

Community and Personal Wellness Conference, Community Follow up

- elect the "right" people
- encourage people to attend/stay in school

3. Responsibility for healthy Indian Governments

Leadership

- be involved with the community
- be educated, knowledgeable, informed
- be strong, positive role models
- impart knowledge to community
- validate others/ hear and listen to the peoples voices
- take criticism gracefully
- take initiative
- walk their talk
- set examples
- be action oriented
- face difficulty bravely
- share responsibility
- know membership and employ their skills
- listen and involve youth
- get leadership training
- earn community support
- develop and implement policies and stand by them

Community and Personal Wellness Conference, Community Follow up

- make knowledgeable and fair decisions
- define and understand "wellness"
- think before speaking
- be supportive of staff and community
- improve community health
- get a learning centre on reserve
- seek elder participation, help and advice
- consult with all community groups
- be responsible for inter-reserve interaction
- hold regular open meetings

UIC staff and advisors

- make sure all community groups are being consulted
- motivate people to take ownership
- do their best
- smile and have fun
- love their jobs
- promote networking (between UIC First Nations and with other Native resources
i.e. Billy Rogers)
- continue holding meeting and conferences
- be honest

Community and Personal Wellness Conference, Community Follow up

- be organized
- help organize inter-community activities
- move ideas forward
- advocate on the communities behalf
- understand the difficulty at the community level
- train the community workers
- keep the information flowing
- provide options

Self - individuals

- take initiative
- become involved
- ask questions
- be willing to learn
- be understanding (of self and what is going on)
- become well
- role model good behaviour
- sing, dance, and have fun
- attend meetings
- plan activities around one another
- be open minded
- keep informed

Community and Personal Wellness Conference, Community Follow up

- talk to others and share information
- encourage others to get involved
- encourage others to speak out
- hold events
- be supportive of others, especially youth
- take ownership of the self government process



RECOMMENDATIONS

The results of the questionnaires have been included under specific tabs for the review of the Royal Commission Staff and Advisors. The following list of recommendations has been taken from those results and highlighted for the benefit of the First Nations and their leadership.

1. The First Nations people recommended heartily that there be an annual wellness event held - all expressed the need for the UIC membership to get together and interact in healthy ways, where they also had an opportunity to learn together.
2. The UIC First Nations would like to have more inter-reserve functions like this - all enjoyed meeting and sharing their time and views with each other. Many suggested that these gatherings be drug and alcohol free to promote wellness.
3. There needs to be a greater emphasis on education - for all members, young and old, and encouragement to learn at all stages of life. The need for education exists in all areas, life skills, wellness and empowerment, history, culture, the UIC model, language, governance generally, goal setting.
4. There must be better lines of communication at all levels - all felt that there is not enough sharing of information, or explanation of information and issues - everyone wants their leaders to talk to them more often and to give their honest opinion on what is going on, on a regular basis.
5. Everyone recommended that leadership take a visible and active role in the community - attend community meetings, be responsible for decisions, be better role models, take a strong and knowledgeable stand on issues, walk their talk, and not be afraid to lead or admit they don't know everything.
6. The First Nations people recommend that more attention be paid to building a stronger sense of community, and to sharing and caring. All felt that we have gotten away from unity and are too much into individual gain and "what's in it for me-ism". Many expressed the need for everyone to work together and begin to do more trust building at the leadership and community level.

7. Each of the communities must focus more on their own history and heritage - everyone feels that we must look together at where we have been, where we are, and then look at where we are going as a community, and as a member of the UIC.
8. The youth felt that more attention must be paid to their needs and their feelings. It was recommended that adults take time to listen and really hear what they are saying. An open door policy for youth was recommended for those that need someone to talk to, they would rather have this than drink alcohol or do drugs to numb their pain and confusion.
9. Each community must develop a "community vision" by the people for the people. As many people as possible must be involved in putting this vision in place. Along with this is the need for community goal setting that allows the input and participation of the people to build unity.
10. It is recommended that people be more supportive of their leadership and that leadership be more supportive of their people. It was understood that this is a two way street that both sides must walk together.
11. The UIC must hold more workshops and seminars in all areas of training and empowerment - the people recommended that their leadership also attend leadership training workshops to help improve their skills, and to role model for younger people interested in becoming leaders.
12. First Nation leadership must define and clearly state what their perception of community is, what they are committed to, how they see self government, what accountability means to them, and why they want to be leaders.
13. Everyone in each community must take personal responsibility for ensuring that their community is healthy.
14. Those who are interested in Indian Government must share their interest and ideas with as many people as possible. They must provide support and encouragement to each other.

15. The Chief and Council must clearly show their interest and support of Indian Government to their people. If they do not express support, they should not expect their people to express support. They must promote interest as leaders.
16. Chief and Council should attend United Indian Councils community meetings everytime they are held. Everyone felt that they should be there because when they are not it gives the message that the UIC process is not important to them.
17. Many communities recommended a "complaint" meeting where people could get things off their chests and get some clarification and answers for their concerns. Once they got information and cleared up misinformation and rumour, they felt they would be more willing to listen to new ideas.
18. The leadership must be at the table when there is community discussion about self government. It should not only be the advisors or Vice Chiefs that provide information and support. People felt that their own leaders must show how knowledgeable they are about the process in order to build confidence and support among the people.
19. There should be more elders involved in the discussions and youth when possible because both provide good perspectives.
20. People must validate each other more often - show each other that you are really listening and really interested in what they have to say.
21. We must promote healthy self esteem and wellness in every community - both for the people and for our leadership.
22. We must hold UIC meetings that deal with specific issues, like financing, taxation, membership, etc. and give people a chance to share their viewpoints and have honest, open discussions.
23. We need to keep a sense of humour while addressing our needs.



**Personal and Community Wellness Financial Statement
as at June 10, 1993**

TOTAL BUDGET ALLOCATION: **\$40,230.00**

EXPENSES:

Accommodation and Meals For UIC: **\$23,608.02**
**Elders, Students, Political Representatives
and Presentors.**

Travel Costs: **\$ 7,494.60**
**Elders, Students, Political Representatives
and Presentors.**

Miscellaneous Expenses: **\$ 3,454.20**
Traditional Giveaway, Drum & Social.

ADMINISTRATION:

Postage:	\$ 336.27	
Purolator:	\$ 431.32	
Fax & Telephone:	\$ 906.34	
Printing and Photocopy:	\$3,017.66	
Paper Supplies, Labels, etc.	<u>\$ 701.47</u>	
		<u>\$ 5,393.06</u>

TOTAL COSTS: **\$39,949.88**

COORDINATION & FOLLOW UP COMMUNITY MEETINGS:

Nine X One Meeting X \$500.00 = \$4,500.00 & \$1474.01 **\$ 5,974.01**

GRAND TOTAL EXPENDED TO HOLD CONFERENCE: **\$45,923.89**

Please see the attached copies of all receipts in regard to the above expenditures

TOTAL EXPENSES/WEELLNESS

VO./INV.	EXPENSE	AMOUNT	CATEGORY	NOTES
Vo.4	Hotel	\$ 314.27	Accmo/Meals	
Vo.8	Meals	\$ 336.76		
Vo.17	Food/Lodge	\$ 150.00		Wanda
Vo.18	Food/Lodge	\$22,806.99	\$23,608.02	Fern Resort
Vo.3	Parking	\$ 21.00	Travel	
Vo.5	Gasoline	\$ 108.00		
Vo.6	Limo Serv	\$ 55.00		
Vo.19	Limo Serv	\$ 100.00		
Vo.7	Van Rental	\$ 388.67		
Vo.10	Airline	\$ 6,218.07		
Vo.12	Presentor	\$ 603.86	\$ 7,494.60	
Vo.11	Promotions	\$ 2,000.00	Promo/Gifts	
Vo.9	Gifts	\$ 604.20		
Vo.20	Drum/Sweat	\$ 250.00		Dawn/Russell
Vo.20	Talent Nite	\$ 300.00		Band/Steel
Vo.20	Drum Social	\$ 300.00	\$ 3,454.20	Singers/Cou
Vo.1	Postage	\$ 336.27	Admin	
Vo.15	Purolator	\$ 431.32		
Vo.13	Fax & Phone	\$ 906.34		
Vo.16	Printing	\$ 2,083.91		
Vo.14	Photocopy	\$ 933.75		
Vo.2	Office Sup	\$ 227.64		
Vo.21	Office Sup	\$ 473.83	\$ 5,393.06	
Vo.22	Wel/Fol/Coo	\$ 5,974.01	\$ 5,974.01	
TOTAL EXP		\$45,923.89	\$45,923.89	\$45,923.89

For Office Use Only
June 18/93



PERSONAL AND COMMUNITY WELLNESS CONFERENCE

April 19 - 22, 1993

THE FERN RESORT, RAMA ROAD

AGENDA

REGISTRATION WILL BE OPEN FROM 6:00 P.M. TO 8:00 P.M. AT THE HOSPITALITY SUITE (Room 420 - Main Bldg.) ON THE EVENING OF APRIL 19, 1993. THE UIC WILL BE PROVIDING REFRESHMENTS AND SNACKS AT THE "GET ACQUAINTED SOCIAL" AT THE SAME LOCATION UNTIL 10:00 P.M.

Day 1: April 20, 1993

REGISTRATION: 7:30 A.M. - 8:45 A.M. The Club Building Lobby

9:00 - 10:00 Opening ceremonies - prayer by Elders,
Harvey & Sue Anderson, Rama First Nation
Welcome - UIC Chief, Norman Stinson, Rama
Opening Remarks - Elder, John Crowe, Alderville
Youth Address - Roman Sandy, Christian Island
Conference Coordinator - Vice Chief, Cynthia C.
Wesley

10:00 - 10:15 KEYNOTE ADDRESS - Paul Ortega, Mescalero Apache

10:15 - 10:30 Coffee Break - Coffee & Juice will be available

10:30 - 12:00 Panel Presentation on "Native Wellness" in Canada and the United States. A Panel of six experts in the 'WELLNESS' field will address the growing social and health consciousness that Native people are experiencing as individuals, and as members of First Nation Communities. There will be time allocated for questions and comments from the audience at the end of the panel presentation.

PANEL: Billy Rogers, Damon Polk, Paul Ortega
Kim Sault, Sandra Moore, Delmar Boni.

12:00 - 1:00 LUNCH WILL BE AVAILABLE AT THE HOTEL RESTAURANT
See listing of local restaurants - Agenda

1:00 - 2:30: * CONCURRENT WORKSHOP SESSIONS *****

Please see Resort Map for directions to Workshop Rooms and Building Locations - Agenda Booklet.

Building Healthy Relationships

Hearthside Inn/Huronina Room

Billy Rogers, MSPH

Kiowa Nation

University of Oklahoma

What are the components of a well relationship? Is communication critical to enhancing relationships? Is conflict always negative? What role does spirituality play in living or working with someone? These questions, in addition to other relationship issues, will be addressed. Building blocks such as gender communication, assertiveness, conflict resolution, and intimacy will be examined in this interactive session.

Spirituality/Healing

Hearthside Inn/Simcoe Room

Paul Ortega

Mescalero Apache

Indian Health Services

In this workshop Paul will share with you teachings that blend living a traditional lifestyle with modern Indian culture and lifestyles. Paul lives a traditional life himself, and gives support and encouragement to all Indian people seeking a traditional path wherever he goes. A happy, healthy life requires balance, inner spiritual health, and walking a path of wellness; Paul will share ways that can help you find that path for yourself, for your family, and ultimately for your community.

CONTINUED CONCURRENT WORKSHOPS: 1:00 - 2:30 P.M.

Holistic Weight Control

Hearthside Inn/Mara Room
Janice Budgell
Union of Ontario Indians
AHNEE Weight Loss Program

In this workshop Janice will lead you along a path to personal well being using a holistic approach to nutrition and exercise. She will show you how to listen to your body wisdom and embrace a life of flexibility and health through movement, proper eating habits and getting yourself moving.

The Sacredness of Life: Healing Choices and Responsibilities

The Main Inn/Room 420
Jayne T. Goodluck, BA/CADAC
Navajo (Dine') Nation
Navajo Area Indian Health Services

Participants will be given an opportunity to rediscover the preciousness of being human. As a result, one becomes aware of life choices and the responsibilities we each have in our personal lives. **"TOGETHER, WE CAN MAKE A DIFFERENCE!"**

Self Esteem - Who Are You?

The Club Building/Backroom
Cynthia Wesley, Vice Chief
United Indian Councils

Participants in this workshop will examine the concept of "Self Esteem" - what it is, where it comes from, how it can be damaged, how to rebuild it, and where it can take you. Come and discover what your life can be when you live up to your full human capacity for life and love.

There will be a short break in between sessions to get coffee and to provide time for moving to new workshops.

2:45 - 4:15: * CONCURRENT WORKSHOP SESSIONS *****

Please see Resort Map for directions to workshops - Agenda.

Man/Woman Images: Finding the Warrior Image

Hearthside Inn/Simcoe Room

Damon Polk

San Carlos Apache/Quechan

CHR/Nutritionist

This presentation allows participants the opportunity to envision the Warrior Spirit in all of us. In our turbulent society, the images of man and woman have been tarnished over time. As a result, the roles of men and women are not clearly defined. Utilizing Native American traditions/teachings as a foundation, the image of Man and Woman roles are explored. Taken into consideration are the contributing factors of how we see ourselves. * Personal attitudes and self-image can be enhanced as one begins to feel good about who he/she is, as a unique individual. Learn to enjoy and appreciate the "Sacred Universe" we all share.

Native American Spirituality and Humour

Hearthside Inn/Huronian Room

Delmar Boni

San Carlos Apache

Substance Abuse Specialist

This workshop pertains to the teachings, lessons, and the understandings of our Native ways. Participants will experience guided visual imagery accompanied by songs and drumming. The beat of the drum will take you into your inner sense of being. The feeling that Delmar evokes with this type of experience can take you into your past, present or the future situation of your life.

CONTINUED CONCURRENT WORKSHOPS: 2:45 - 4:15 P.M.

Indian Health and Education

Hearthside Inn/Mara Room
Diane Longboat (Kahondahgwas)
Mohawk Nation, Turtle Clan
Aboriginal Health Careers Program

This workshop will address the balance of mind, body, and spirit in traditional education and examine the deficiencies of the current system.

The example of "First Nations House" will be examined as a model to promote the acquisition of traditional knowledge for identity development and personal growth through ceremonies, while studying in degree programs in the health professions.

Teaching Touch

The Heathside Inn/Simcoe Room
Nellie Speelman (Northern Cheyenne)
Home School Coordinator
St. Labre Indian School

Participants will utilize music and small group interaction. Nellie will teach appropriate hugging with a focus on comfort levels with permission to refuse touch altogether. Participants will share information about importance of touch in the healing process while understanding and using our culture and values.

Walking in Two Worlds

The Main Inn/Room 420
David Brown Eagle

David is a very spiritual man who teaches that it is not only possible, but good, to blend the traditional values of Native culture with the modern world. He has a master's degree and feels that being an "educated Indian" has taken nothing away from his ability to live in his traditional world, practice his spiritual values, and walk his talk in Indian Country.

(6)

There will be a short break period for coffee and moving to the plenary room for comments and closing prayer.

4:30 - 5:00 Return to main room for closing remarks (UIC Chief) and closing prayers:

Evening: 7:00 to 11:00 P.M.

Please join us after dinner, there will be a UIC First Nation's Talent Show in the Conference Plenary Room - The Club Building - from 7:00 to 11:00 P.M. Bring your talent, musical instruments, voices, and appreciation. We could use some guitars, harmonicas, hand drums, fiddles, spoons, good and not so good voices, tall tales, funny tales, and all around humour to make the evening a very memorable one for everyone.

There will be a refreshment bar open at the Club Building for purchasing pop, juice, and coffee. There will be no alcohol served at the Talent Show or the overall conference in respect to our commitment to the personal and community wellness of all our participants.

you. Thank

AGENDA

Day 2: April 21, 1993

9:00 - 10:00 Opening Prayer, Elder Paul Ortega

Keynote Address - Delmar Boni, Apache Nation

**Opening remarks and outline of the days agenda.
Conference Coordinator, Cynthia Wesley**

There will be a short break in between sessions to get coffee and to provide time for moving to new workshops.

10:15 - 12:00: * CONCURRENT WORKSHOPS *****

Our Youth

**Hearthside Inn/Simcoe Room
Nellie Speelman
Northern Cheyenne
Home School Coordinator**

Participants will share music and small group interaction to brainstorm the importance and role of our youth in the circle of Life. Focus is placed on a youths' perspective in defining themselves, their world and their journey through the circle. Adults will learn to understand and nurture this process.

Elder Teachings

**The Club Building
Vera Martin, Anishnabek Nation
Member of The Three Fires Society**

Participants in this workshop will learn information on Indian names, clans, helpers, and roles; and how these all involve spirituality. Learn about and explore the necessity of the healthy use of our spiritual gifts to heal ourselves and to stay healthy.

CONTINUED CONCURRENT WORKSHOPS: 10:15 - 12:00 P.M.

Building Healthy Relationships

Hearthside Inn/Huronina Room

Billy Rogers, MSPH

Kiowa Nation

University of Oklahoma

Billy will be repeating the earlier workshop on this very important subject for those people that were interested in attending, but were not able to get into the earlier session.

What are the components of a well relationship? Is communication critical to enhancing relationships? Is conflict always negative? What role does spirituality play in living or working with someone? These questions, in addition to other relationship issues, will be addressed. Building blocks such as gender communication, assertiveness, conflict resolution, and intamicy will be examined in this interactive session.

Completing the Circle

Hearthside Inn/Mara Room

Kim Sault

Mississauga Nation

First Nation Councillor

Participants in this workshop will learn about the impact of European contact, where we are today, and gaining balance using the medicine wheel. We as First Nations people have the personal power to come together as one mind, to restore balance, and to ensure a state of wellness when the circle is complete.

12:00 - 1:00 LUNCH WILL BE AVAILABLE AT THE HOTEL RESTAURANT

1:00 - 2:30: * CONCURRENT WORKSHOPS *****

Spirituality and Healing: This workshop will run at 10:15 a.m.

The Main Inn/Room 420

Neil Monague, NNADAP

Ojibwa Nation

First Nation Councillor

In his workshop Neil will share teachings on a healthy healing process for individuals and communities. He will focus on alcohol and drug abuse issues in particular because of his training and vocation as an addictions counsellor. Neil will also share his knowledge and experience of Ojibwa traditions and culture with participants.

Traditional Ways

Hearthside Inn/Huronian Room

Paul Ortega

Mescalero Apache

Indian Health Services

In this workshop Paul will share his views and knowledge of teachings of traditional Indian ways. Indian people have a special connection with their past, and the rich and varied cultural heritage that they share with one another. Learn how to walk in harmony with the beautiful heritage that we all share, and bring balance and wellness into your life. Paul will also share his love of music and will strive to help participants understand that Native music is full of meaning and feelings.

The Drum, Its Origins, Its Traditions

The Main Inn/Room 420

Garry Sault

Mississauaga Nation

First Nation Member

Participants will enjoy hearing Garry speak about the drum, its origins, its traditions, and its place in promoting and healing our Nation. He is a regular speaker at the Guelph Correctional Centre as well as the Birch and Brantford Jail. He attends sweats at least once a month and received his first pipe last year.

CONTINUED CONCURRENT WORKSHOPS 1:00 - 2:30 P.M.

From Words to Action

Hearthside Inn/Simcoe Room
Billy Rogers, MSPH
Kiowa Nation
University of Oklahoma

In this interactive session participants will learn how to process visions, to thoughts, to words, to sharing, to planning, to action, and finally, to a wellness path. Techniques of organizational behaviour and action planning, utilizing a case study approach, will be the focus of this workshop.

Native American Spirituality and Humour

The Club Building/Main Room
Delmar Boni
San Carlos Apache
Indian Health Services

In this workshop Delmar will continue to create a sense of oneness and sharing. This will be done with songs, sage, cedar, and most of all your willingness to learn. The experiences are simple stories of life and learning that take place in the environment of the home lands of our Native ways. These stories are intertwined with humor and lightness because Delmar feels a lot of our teachings are brought to light with simple humor. The most important teachings sometimes come when there is a lot of laughter, and when we are looking at the seriousness of our own understandings of life.

CONTINUED CONCURRENT WORKSHOPS 1:00 - 2:30 P.M.

Traditional Ways

Hearthside Inn/Mara Room

Vera Martin

Mohawk Nation

Elder and Trainer

Participants in this workshop will explore the meaning of dreams, sun and moon teachings, ceremonies, birth and death, and the ways to help and support each other on our journey back along the trail to pick up the things our old people left there. Vera will address ways to blend these teachings into today's life with its televisions, videos, computer games, competitions and mass communication.

There will be a short break to get coffee and a snack and to move to the afternoon Talking Circles.

There will be six Talking Circles available to the participants.

Please check the hotel map for locations, we will be utilizing the Club Building Main Room and Backroom for two separate circles.

Attendance at the circles will be your choice - please do not crowd any one room - we have added an additional room with a facilitator in order to keep the circles small. There will be people available for counselling in the event that you need someone to talk to one on one during the Talking Circle time. Please ask Staff for help.

(12)

2:45 - 4:30: * CONCURRENT TALKING CIRCLES *****

Talking Circle (1) - Billy Rogers - Facilitator
The Club Building - Main Room

Talking Circle (2) - Damon Polk - Facilitator
The Main Inn - Room 420

Talking Circle (3) - Paul Ortega - Facilitator
The Hearthside Inn - The Huronia Room

Talking Circle (4) - Nellie Speelman - Facilitator
The Hearthside Inn - The Mara Room

Talking Circle (5) - Delmar Boni - Facilitator
The Hearthside Inn - The Simcoe Room

Talking Circle (6) - Jayne Goodluck - Facilitator
The Club Building - Backroom

**4:30 - 5:00 PLEASE RETURN TO THE MAIN PLENARY ROOM - THE CLUB
BUILDING - FOR CLOSING PRAYER - UIC CHIEF.**

EVENING: 7:00 to 11:00 P.M.

Please join us after dinner, there will be a drum social and dance from 7:00 - 11:00 p.m. (Conference Plenary Room - The Club Building) for all of the participants - if you have a dance outfit please bring it along for the dancing - change rooms will be made available to anyone who needs them.

PLEASE BRING YOUR FRIENDS AND FAMILY IF POSSIBLE.

AGENDA

Day 3: April 22, 1993

Where do we go from here?

On day three we will all go directly to designated workshops at the start of the day - Please request assistance if you have any difficulty finding the room assigned to each workshop.

9:00 - 10:30: * CONCURRENT WORKSHOPS *****

Walking Into Our Tomorrow Together

The Club Building
David Brown Eagle

In line with his earlier workshop, David will discuss the necessity of Native people working together and accepting the different roles and responsibilities that they each have. Together we can work towards making life better for our people. Each individual brings a special talent and spiritual gift to this life. We need to blend those talents together to bring them to bear on the issues in Indian Country that need special and immediate attention. Can we learn to accept and respect the differences among us and build cooperative, and unified Nations?

Treatment

The Main Inn/Room 420
Sandra Moore
Mississauga Nation
Hiawatha First Nation

Participants in this workshop will learn about the Native Horizons Treatment Centre's program. They will learn about the importance of pride in cultural identity, responsibility and freedom, and the need for a bridge to help people in need of treatment cross from a point of perceived powerlessness and cultural oppression to a point of wellness and personal power.

CONTINUED CONCURRENT WORKSHOPS: 9:00 - 10:30 A.M.

Setting Goals

Hearthside Inn/Mara Room
Cynthia Wesley, Vice Chief
United Indian Councils

Cynthia will gently lead you through the steps to setting goals in your life - you will learn how to set goals for all of your tomorrows and will see how those dreams and hopes you have can become a reality for you through simple planning and clear vision. Haven't you waited long enough for your ship to come in?

Traditional Ceremonies & Teachings

Hearthside Inn/Simcoe Room
Mr. & Mrs. Anderson
Rama First Nation Elders

In this workshop Harvey and Sue will focus on how they are trying to help Native people reclaim their culture. They will discuss the many ways that this can be done at the individual level and for First Nation communities. They will stress the healing process in their discussions and are very interested in hearing from and sharing with each of the participants.

Family Values and Traditions

Hearthside Inn/Huronian Room
Damon Polk, Delphine Small
& Daniel Polk

In this workshop Damon and his children will address the importance of a healthy family unit and the need for open communication and sharing. They will talk about the ways they deal with family conflict, teachings, and of course how they promote wellness and happiness in their lives and for those around them.

There will be time provided to get coffee and to provide time to move to new workshops.

10:45 - 12:00: * CONCURRENT WORKSHOPS *****

Why Our Traditions of Yesterday are Important Today

Hearthside Inn/ Mara Room

Floyd King

Pottawatomi Nation

First Nation Councillor

Floyd will address the need for going back and reclaiming the teachings of our ancestors, and renewing and passing them on to our families, our children, and our communities. He will share with you the importance of ceremony and prayer in our day to day lives. Floyd will share with you why everyone needs spiritual touchstones and traditions in their personal lives. Floyd has a personal goal of helping to strengthen our communities and bring wellness back to our people.

Implementing Ideas at the Community Level

Hearthside Inn/Huronia Room

Damon Polk

San Carlos Apache/Quechan

CHR/Nutritionist

In this workshop participants will explore strategies to keep positive energies flowing. As we introduce healthy ways of approaching obstacles that hinder growth in Indian Country, we begin to shed layers of pain and fear. Change is risk taking, with Native tradition as a foundation, we can make our vision of a "Well Indian Community" a reality. "Mitaque Oyasin"

Building and Maintaining Wellness Networks

The Main Inn/Room 420

Jayne Goodluck, BA/NCADAC

Navajo Nation

Navajo Area Indian Health Services

Jayne will discuss the importance of staying in contact with and building relationships with people who can provide you with the necessary support and information to stay on the wellness path.

CONTINUED CONCURRENT WORKSHOPS: 10:45 - 12:00 P.M.

Community Involvement and Ownership

Hearthside Inn/Huronina Room

David Brown Eagle

In this workshop participants will look at the issue of community involvement and individual responsibility for what goes on around them in their community. The question of taking an active role in community development and community decision making will be addressed. How many of us have commented that the decisions made by our elected officials have nothing to do with us? How do we come to "own" and actively accept the changes that take place in our communities? What can we do as individuals to ensure that we have a voice in those changes, and play a role in community development and change? Come and share your ideas and suggestions for involving community membership in the planning and community development process with David.

Getting Well Together

Hearthside Inn/Simcoe Room

Nellie Speelman

Northern Cheyenne

Indian School Coordinator

Participants will experience Wellness as an attitude and process that requires daily attention through positive choices. Individuals will increase their knowledge and skills in dealing with daily pressures by using relaxation, stress reduction and coping skills in their life. Participants will learn the process of decision making and the consequences of positive and negative choices. Spirituality and personal growth are paths of "getting well together". What are healthy risks and natural highs?

12:00 - 1:00 LUNCH WILL BE AVAILABLE IN THE HOTEL RESTAURANT

CLOSING CEREMONIES

Please make your way back to the Club Building for the closing ceremonies of the "Personal and Community Wellness Conference".

We hope that you will plan to stay for the final hour of the conference because we would like to ensure that you have an opportunity to share any comments or feelings that you have about the conference itself, people that you have met, whether the experience was a positive one for you, and whether you would like to see another conference of this kind being held in our area.

We would like to provide maximum encouragement and support for taking what you have heard and learned in the workshops home with you. Some of the presentors will be available to answer any additional questions you might have and we would very much like to hear from everyone in some way.

Evaluation questionnaires (self administered) will be available in your kits, please complete them prior to the closing ceremonies if possible. A box will be available at the exit to place them in on your way home. Please make sure you complete one, they will provide valuable information on what you liked, or would change, what you would like us to do in the future, and what issues are most important to you or your community. If we get the responses we need we will be able to consider another conference for the near future. We would also like to receive recommendations on local people that we can bring in to address the need for personal and community wellness on an ongoing basis.

CLOSING REMARKS

UNITED INDIAN COUNCILS CHIEF, JEFF MONAGUE
Conference Coordinator, Cynthia Wesley-Esquimaux
Assistant Coordinator, Greer Atkinson

CLOSING PRAYER

UNITED INDIAN COUNCILS CHIEF - MAURICE LAFORME





Biographical Sketches of Presentors

Harvey & Sue Anderson: Harvey and Sue (Chippewa & Innu) are elders of Rama First Nation. They regularly speak at different schools and organizations about Native People in Canada, as well as teaching Native awareness training. One of the Anderson's goals is to try and promote a healthy way of life for Native people through traditional values and beliefs. The Anderson's are interested in helping Native communities reclaim their culture and heritage. The Anderson's care deeply about Native people generally, but also very much about each individual that they meet.

C. Greer Atkinson: Greer (Chippewa of Georgina Island) works as an executive assistant for the United Indian Councils out of the central office in Barrie. Greer works closely with all nine communities in consultation of the UIC self government model. She is a bright, friendly young woman who is actively pursuing a career that addresses the needs of her people at a local and regional level.

Greer was raised in a family with many strong female role models. As result, she is a confident, capable individual who has a strong belief in herself and in those around her.

Delmar Boni: Delmar (San Carlos Apache) is a substance abuse Specialist with the Phoenix Area Indian Health Service. After graduating from the Institute of American Indian Art at Sante Fe, he earned his masters degree in education from Arizona State University. Delmar has practised his traditional teachings through singing, art, and dance group. He is an advocate of sobriety through traditional spirituality.

John Peter Crowe: John (Mississauga) was born at Alderville First Nation and has resided there all of his life. He was raised in a traditional family of seven siblings of which there are now four left. John was a carpenter during his working years and now he still continues to do wood carving and drawing as a hobby. He was a Chief in his community back in 1984-87, and recently had the honour of receiving an eagle feather and plaque from the Union of

Ontario Indians. Unfortunately, his physical wellness is not great; diabetes has taken its toll on his body, spiritually however John is well, and he is looking forward to meeting and sharing with you.

Jayne Goodluck: Jayne sends Greetings from Navajo (Dine') land. Jayne is a native of the northern agency - Navajo Reservation, Shiprock, New Mexico. Jayne and her companion, Thomas of 17 years, have three daughters; Adriane - age 16, Erin - age 13, and 7 year old Marian. Jayne is a person who enjoys working with, sharing with, and learning from human beings of all ages and cultures. Jayne is looking forward to establishing relationships with her relatives to the North. Jayne will also be celebrating a birthday while she is among us. We would like to wish her many, many more.

Floyd King: Floyd (Chippewa) is a member and resident of Beausoleil First Nation. He has been a Councillor since 1980 and is now into his seventh term. Floyd has spent most of his life on Beausoleil and has lived what he terms "a pretty normal Indian life". Some of his life was spent in a condition in which Floyd felt he was not very caring of himself, spiritually or physically. He is now learning to give that life up and look at a different, more healthy lifestyle through traditional values and teachings. Floyd compares this change in his life to the change Native people are facing with Self Government. As a young man he was living under the Indian Act, and now he has moved to where he has taken control of his own life.

Diane Longboat: Diane (Mohawk) is a member of the Turtle Clan and is from Six Nations Reserve. She holds a B.A., B.Ed., M.Ed. from the University of Toronto. Diane has held the position of National Co-ordinator at the National Office of Indian Cultural Education in Ottawa. She has been a faculty member at Trent University Department of Native Studies. She was the National Coordinator of the National Review of Indian Education for the Assembly of First Nations. Diane is currently the Director at the Office of Aboriginal Student Services and Programs at First Nations House in Toronto. Diane brings us a wealth of experience and knowledge about aboriginal education.

Vera Martin: (Chippewa) Vera Martin is a grandmother; a noted traditional teacher; an auntie; a pipe carrier; a sun dancer; sweat holder; fasting supervisor; and a dreamer of a healthy, happy lifestyle for all individuals. Vera graduated from Seneca College as a social service worker with honours - she is a member of the Three Fires Society - a member of the Midewiwin Society - and a respected trainer in addictions and cross cultural awareness, community development, and the healing of the abused.

Chief Jeff Monague: Chief Monague (Chippewa) is from Beausoleil First Nation, Christian Island. He is thirty two years of age, married with two children aged eight and three years old. He was a member of the Canadian Armed Forces for eight years and is grateful to the military for the extensive leadership training.

He is currently into his second term as Chief and prior to that was Chief Councillor for two years. Chief Monague is committed to the cause of Native Self-Government and believes he is guided by the spirit of those before him to achieve this goal.

Neil Monague: Neil (Ojibwa) is a member and resident of Beausoleil First Nation, Christian Island. He is involved with the Drug and Alcohol Prevention Program and is also into his third term as Councillor on Beausoleil First Nation.

Neil is married and has four daughters, two older girls and two younger girls, and three grandchildren. He is on the sweetgrass road and is learning who he is, where he is going, and how to get there. In his own words, Neil likes to help people and likes to have fun.

Sandra Moore: Sandra (Mississauga of Hiawatha) has been the Education Counsellor since 1981, and the Drug and Alcohol Worker since 1990. Sandra's commitment and genuine caring for the community youth, elders, and members is reflected in her ability to break down the barriers of denial. Loyal, as a wife and mother she publicly affirmed to her husband and community that the path she walks will always be one their children can follow with pride.

Sandra's path began when she stood in front of her community and disclosed, at a time when disclosures were non-existent in her community, her childhood sexual abuse. The sharing of this pain opened doors to healing for herself, and for a number of members of her community. It is Sandra's belief that the healing journey will guide the steps of our future leaders - the children of Native communities.

It is all of the above qualities that Sandra has brought to her involvement as a Public School Trustee and Chairperson of the Native Advisory Board of the Peterborough County Board of Education, College Governor, Chairperson of Native Horizons Treatment Centre, and Founding member of the Ontario Native Education Counselling Association. Sandra is a recent recipient of the Federal Government's "Canada 125 Medal" for outstanding commitment to community service.

Paul Ortega: (Mescalero Apache) Paul is a singer and story teller, he believes very strongly that music holds a special power that can free withheld emotions and deep feelings. He works for the Indian Health Service in Albuquerque, New Mexico, and works very closely with local hospitals in the treatment of Indian people. He combines his traditional teachings with modern medicine and has helped to create a program that brings Indian culture right into care centres. He also looks after terminal care patients and uses his own strong spiritual base as an example and a source of comfort.

Damon Polk: (San Carlos Apache/Quechan) Damon is an "ENERGETIC" aftercare counsellor with the Navajo Youth Aftercare Program, in Shiprock, New Mexico. Damon very much enjoys what he does; working with youths and families. He has in his job, what he considers a wonderful opportunity; the ability to work with a program that allows creativity, and the development and implementation of a unique healing process for youth.

Damon and his companion, Helen, have three children: Daniel - age 13, Danielle - age 6, and Delphine - age 16. Together, as a family they enjoy traveling and sharing with others at Pow-Wows, conferences and numerous Native American gatherings throughout Indian Country. Traditional values are the foundation from which Damon addresses the many issues and concerns that he encounters

both on a personal and professional level. Damon is highly honored to be given the opportunity to serve as a presenter to the beautiful Native People of Canada.

Billy Rogers: Billy is a Native American from Norman, Oklahoma. He is an enrolled member of the Kiowa Tribe. For the past ten years Billy has worked for the University of Oklahoma where he is presently Director of Health Promotion Programs in the College of Continuing Education. Billy has degrees in Psychology and Public Health.

Billy has worked with over 300 tribes in the United States and Canada. His areas of expertise include health promotion/wellness, community empowerment, human resources, men and women's issues, sexuality, and youth training.

Billy is frequently asked to speak before adult and youth groups on a variety of topics. His presentations are always lively and interactive. Bill's message is one of living a "well" life, and remaining "balanced" within ourselves.

Roman Sandy: (Chippewa) Roman is 17 years of age and in his last year of high school. Roman notes for the United Indian Councils, "Beware, I will be looking for work." He is the oldest of three children, and his siblings are all little women. He has been a foster brother to many kids ages 13 to 14 years. Roman hopes for a career in Law Enforcement, but prefers to work with his people at Christian Island, perhaps getting into local politics. Roman will discuss "Visions & Values", as he sees them relating to community wellness, focusing on a new direction built on past experiences.

He will talk about team work and its meaning as it relates to sharing and ownership. Also "stuff" on empowerment and relationship building.

Garry S. Sault: Garry is a Mississauga from the New Credit First Nation, and his dodem is the eagle who falls under the crane as a speaker. He is a singer and a dancer and his drum's name is Wabakwigamic. Garry's drum is open to invitations, and he often

drums at elders conferences, correctional institutions, and friendship centers.

Kim Sault: Kim (Mississauga of New Credit) is a lifetime member and resident of New Credit First Nation. She has been actively involved with activities, programs, committees, and the overall growth and development of the community.

At present, Kim is an elected Councillor at New Credit, involved with the Community Building (Wellness) Process and is instructing a Native Community Gate course at Mohawk College.

Nellie Speelman: Nellie (Northern Cheyenne) is the home/school coordinator for St. Labre Indian School, she loves working with young people in self help programs, prevention strategies, in building self-esteem, and through small group processes with a strong emphasis placed on cultural and traditional values. She likes pow wow's and sweats. Nellie is a single foster parent who likes to travel and meet new people. **NOTE: She loves to give and receive hugs.** She works with higher education programs in teaching empowerment using Native American concepts. She promotes youth leadership in the summer by providing her expertise and council in support of youth camps. She has six beautiful children and six wonderful grandchildren.

Cynthia Wesley-Esquimaux: Cynthia (Chippewa/Pottawatomi) has been working with and involved in the "wellness" field for the past fifteen years. One of her main goals in life is to empower native people and to bring strength and wellness to as many of them as possible, along with their communities. She completed a double major B.A. in Anthropology/Sociology at the University of Toronto, and has continued to listen, read, learn, and grow personally and professionally ever since. She has an avid interest in the social and cultural issues of First Nations in Canada, and the U.S., and continues to work with and develop networks between both countries. She has presented workshops at the University of Oklahoma, "Women and Wellness" conferences for the past two years. She is most interested in the areas of Personal Presentation Skills; Women in the Workforce; Women and Self Esteem; and Personal Goal Setting.

SPEAKERS AND PRESENTERS
UNITED INDIAN COUNCILS

PERSONAL & COMMUNITY WELLNESS CONFERENCE

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Rama, Ontario
L0K 1T0

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P.O. Box 2707
Shiprock, New Mexico
87420 U.S.A.

Mr. Delmar Boni
Program Director
Indian Health Services
3738 N. 16th St., Suite A
Phoenix, Arizona 85016

Mr. Floyd King
Chippewas of Beausoleil
Cedar Point Post Office
via Penetanguishene, Ontario
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Mr. David Brown Eagle
c/o Indian Education,
Centre Three
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School of Education
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Ms. Diane Longboat
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And Programs
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Ms. Janice Budgell
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Mr. Neil Monague
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Mr. Damon Polk
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92283

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Cynthia C. Wesley Esquimaux
R.R. #2, Box A3
Sutton West, Ontario
L0E 1R0



All are equal

Talking Circle links natives in search of their spirit

BY MARK BISSET
The Packet and Times

Smoke hangs in a room that looks more like a corporate office than a place of spiritual and emotional healing.

It comes from a smudge ceremony. Delmar Boni, an Apache, is burning sage and cedar in an abalone shell as part of the ceremony of the Talking Circle.

He passes the smudge around the small circle, following its progress through the smoky room.

"I hope there's not a fire alarm here. We may get a shower," Boni says, looking up at the ceiling from under

der a bonnet of feathers which stand straight up.

His comment is unexpected in the serious atmosphere of the room. Boni is a stunning figure in his traditional Apache outfit. His reference to the sprinkler system seems out of step with his appearance. It draws laughs from the circle.

Native American Spirituality and Humor is the name of the workshop Boni has been leading throughout the Personal and Community Wellness Conference at Fern Resort. The conference is organized by the United Indian Councils, a group of nine First Nation bands negotiating with the federal government for native self-government.

Boni, a San Carlos Apache from the United States, has a masters degree in education. He practises his traditional teachings through singing, art and dance. He is also an abuse specialist with the Phoenix Area Indian Health Service.

He is teaching the small group how to conduct a Talking Circle. After the smudge is passed around, he sings a song of blessing.

Next, he moves around the inside of the circle with a tiny bag of yellow pollen, dabbing the bright yellow substance on each member of the circle and asking for blessings from Grandfather, the Creator.

Boni then instructs the circle members to greet each other, hug each other. At first they are reticent. But as Boni leads them through, directing them to hug every other person in the group, smiles broaden and chatter becomes more spirited.

Boni explains that he will pass an eagle feather around the circle. When you hold the feather, you can open up, speak about what is in your heart and talk about what you are hearing and seeing and feeling, he tells circle members.

"At one point you are the giver. At another point, you are the receiver," he explains.

All are equal in the circle.

"When I came into this room I was nervous. I didn't know what to say. Now that we've hugged, I feel like I know you," says the first young woman in the circle.

"I just lost my father a couple of weeks ago," she says, breaking into tears. After a moment, she continues. "A dbein-he eih lpi - l-t."

The eagle feather is passed down the line. Then the feather comes into the hands of an elderly woman. She

begins to speak so softly that her voice is barely audible.

"On my reserve, a lot of them don't believe in the traditional ways. It's very difficult there to find people I can talk to," she says.

She says she thought she had finished her own healing process until she found out her three-year-old granddaughter had been sexually abused.

"About a year ago, I didn't know whether I was coming or going. I was completely lost."

"It's very difficult for me to talk about this. Our men are hurting as well. It's all over," she says.

"But it amazes me to see the healing that has happened with my people. I know a lot of people out there are sick. But I also know with the medicine given to us by the creator...we will become one great nation."

At another Talking Circle on the other side of the resort, a woman takes the eagle feather and stands up with it.

"I feel like I'm on an emotional roller coaster," she says. "I don't know whether I'm going to laugh or I'm going to cry."

She says she's happy to be here with her daughter. She gave her daughter up to her grandparents, but the two have since reunited. The woman says she feels a strong movement among all native people.

The feather continues to move.

Referring to the festivities of the previous evening, a young man says he saw his people dancing, hooting and hollering in celebration.

"I don't think one of us was drinking or under the influence of drugs and that to me is what wellness is all about."

Boni nods his head.

The feather moves on.



Apache Delmar Boni performs a blessing during a Talking Circle ceremony at Fern Resort yesterday.

Mark Bisset — Packet

O. Williams
Apr 22/93

You're the key, leader tells natives

FERN RESORT — There is a banner at the back of the room that says:

If you do what you've always done, you'll get what you've always got.

That may be an all-encompassing motto for the personal and Community Wellness Conference held by the United Indian Councils at Fern Resort this week.

But it also fits for Cynthia Wesley-Esquimaux workshop topic, self-esteem — Who are You?

Self-esteem is at the heart of what the United Indian Councils is trying to do at the conference.

"We are generations and generations and generations of abuse and bad things happening," Wesley-Esquimaux tells the small group.

"We need to do something about that. What are we going to do?"

Wesley-Esquimaux, the conference co-ordinator, is trying to break the cycles of social ills among natives.

She admits breaking the negative cycles many natives find themselves in is a long process.

She asks the crowd to jot down a recent incident in their lives in which they blamed someone or something else for the outcome.

"You're responsible for your life. What are you going to do about it?"

Wesley-Esquimaux tells the audience they are already doing something by attending the workshop. She talks about empowering the mind. You can read all kinds of books on self-esteem, but the knowledge is worthless if you don't act on what you learn, she says.

She challenges the crowd to go back into their communities and put the things they've learned to work.

As Wesley-Esquimaux wraps up her presentation, Garry Sault jumps up to offer a little native teaching.

He draws a rough turtle on a board set up for the workshop. Sault is a Mississauga from the New Credit First Nation, on hand for the conference to provide traditional teachings.

"You have to be right inside yourself," he says, dividing the turtle's shell into four equal sections. He labels the first section "You", the second section "Family", the third section "Community" and the fourth section "World".

"Once you're right and you are well inside...then you can help your family, then comes the community once you have your family in hand, then you can help the world.

"Your self-esteem comes first."

Wed Apr 21/93 Cella Packet

Natives address modern ills

Council brings Indians together for 3-day meeting

By MARK BISSET
The Packet and Times

FERN RESORT — In one steamy room an Apache sings a song his grandmother taught him the day he discovered girls.

He beats a small drum in time with his singing. Weaving stories about spiritual experiences at Walmart, singing and drumming altogether, the San Carlos Apache Delmar Boni tells his students they must achieve a balance between the old ways of their ancestors and modern ways.

That seems to be what the first Personal and Community Wellness Conference is all about — balance. About 300 people from First Nations across Ontario have gathered at Fern Resort

under the banner of the United Indian Councils to share their experiences, deal with the tragedies their communities are facing on a daily basis and heal wounds that date back to natives' first contact with the white race.

"We want people to realize that there are reasons our communities are having problems," said conference organizer, vice-chief Cynthia Wesley-Esquimaux. "It's not because they are inherently bad people or something they did," she said, adding the social problems today's First Nation people face have deep roots.

"We're trying to make people aware that they can do something," Wesley-Esquimaux said. "There are other paths they can take."

The conference is part of a new direction for the United Indian Councils, a group made up of nine native bands negotiating with the Canadian government to establish native self-government.

Chippewas of Beausoleil chief Jeff Monague said the organization realized just talking about

government structure didn't mean anything until they dug deeper and tackled the social problems natives face.

The conference isn't shying away from the toughest issues. Sexual abuse, alcoholism, drug abuse — natives are facing them head-on.

"The leadership has to admit to them as well, not just sweep these things under the rug and not just say everything is fine and dandy. Because these things will come back to haunt you," Monague said.

Numerous workshops scheduled for the three-day conference span a wide range of topics, from Holistic Weight Control to Man/Woman Images: Finding the Warrior Image, which gives participants a chance to envision their "warrior spirit".

"This is a start," said Monague. "What will eventually happen is you will see workshops like this in other First Nations."

The conference continues today.

Council seeks to raise natives' self esteem

ORILLIA — There is a banner at the back of the room that says: "If you do what you've always done, you'll get what you've always got."

That may be an all-encompassing motto for the personal and Community Wellness Conference being held by the United Indian Councils at Fern Resort this week. But it also fits for Cynthia Wesley-Esquimaux workshop topic, Self Esteem — Who are You?

Self esteem is at the heart of what the United Indian Councils is trying to do at the conference.

"We are generations and generations of abuse and bad things happening," Wesley-Esquimaux tells the small group gathered to listen. "We need to do something about that. What are we going to do?"

Breaking the cycles of social ills among natives is what Wesley-Esquimaux is trying to do. She is the conference co-ordinator. In a short biography that accompanies the three-day agenda for the conference it says one of her main goals in life is to empower native people and bring strength and wellness to as many of them as possible.

She admits breaking the negative cycles many natives find themselves in is a long, difficult process.

"We need to take self-responsibility, saying, 'I'm responsible for what's happening in my life,'" Wesley-Esquimaux says.

She asks the crowd to jot down a recent incident in their lives in which they blamed someone or something else for the outcome.

"You're responsible for your life. What are you going to do about it?"

Wesley-Esquimaux tells the audience they are already doing something by attending the workshop.

As Wesley-Esquimaux wraps up her presentation, Garry Sault jumps up to offer a little native teaching. He draws a rough turtle on a board set up for the workshop. Sault is a Mississauga from the New Credit First Nation, on hand for the conference to provide traditional teachings.

"You have to be right inside yourself," he says, dividing the turtle's shell into four equal sections. He labels the first section "You", the second section "Family", the third section "Community" and the fourth section "World".

"Once you're right and you are well inside. . . then you can help your family, then comes the community once you have your family in hand, then you can help the world.

"Your self esteem comes first."

Wellness Conference generates energy

By Dave Dale

Priceless megawatts of energy were produced at the Personal and Community Wellness Conference. But not a drop of water was diverted by Ontario Hydro, and no one was packing oil rigs.

Approximately 300 people from across Ontario and parts of the United States converged at Fern Resort April 20 to 22, just south of the Chippewas of Rama First Nation on the east shore of Lake Couchiching.

Organized by the United Indian Councils, the three days were spent learning, sharing and

ng their own Native reality and how to heal for a better tomorrow.

"I don't care where you came from, no matter what your position is in your community, the information that you've gained is something you have to bring back with you," said Chippewas of Beausoleil Chief Jeff Monague during the closing ceremonies.

"Knowledge is power, that power is something that can help your community grow...and there's been a whole bundle of energy created in this area," Chief Monague said, pausing briefly to laugh with the crowd as a young child chose that timely moment to dash out onto the stage and run around in circles.

Throughout the conference, First Nation people participated in workshops spanning a wide

range of topics, including holistic weight control, man-women images, finding the warrior image, self-esteem, sacredness of life, Native American spirituality and humor.

Chief Monague shared his thoughts about the conference, how he hopes it will change his life and his wish that similar conferences are held in every community.

"You could all be from my community. Everyone of us could be the same. We all have the same problems, and all the same goals," Monague commented, using examples from talking circles where participants could relate to the experiences and difficulties shared by the person beside them.

No matter what hap-

pens regarding self-government negotiations, Chief Monague considers community well-being a high priority.

"I want to see us heal" mind, body and spirit, he said, explaining his hope that the good intentions formed by the conference participants remain strong and true—and not wasted and forgotten.

"Your good intentions start to become eroded by the bickering, fighting and jealousy, and you start to break down a little bit. I recommend to take that power that we've been given, go back to your community and start to use it," Chief Monague said. "This power, you can't pay for it, you can't buy it. It's a gift"



Chippewas of Beausoleil Chief Jeff Monague is a "re-formed macho-man" and is looking at life and the healing of his community in a different light.
Photo by Dave Dale

Chiefs shouldn't be politicians

RAMA — Chiefs are not politicians, and they shouldn't try to be.

Chippewas of Beausoleil Chief Jeff Monague reaffirmed this truth in his closing remarks for the Personal and Community Wellness Conference, organized by the United Indian Councils and held at Fern Resort, just south of Chippewas of Rama First Nation.

As members of government within First Nation communities, Chief Monague admits that he and his counterparts "get off track."

"We start to think of ourselves as a politician.

But I don't want to be a politician. What I set out to do is lead," stated Chief Monague to more than a hundred conference participants who stayed after lunch on April 22, the third and final day of workshops.

"Because we are largely dependent on a larger society" chiefs have felt it necessary to "win elections at all costs."

"We should start to think differently and move together," Chief Monague said.

He was referring to the steps individuals in the community are taking to heal from within First Nation society.

His message to community leaders was to be just that, leaders. "Don't try to be politicians."

And to give an example of how not to be, Chief Monague gave his best impression of Prime Minister Brian Mulroney, "umming" and "ahhning" when faced with a simple

request to provide warmth for a constituents accommodation.

"I'm sure when the snow flies, we'll have your heating problems fixed," Chief Monague said, using sarcasm to get his point across. "And then it's never addressed."

Election Results:

The Magnetawan First Nation elections, held April 7:

Chief: Joan Noganosh
Councillor: Lana Noganosh
Councillor: Alfreda Wheatley

Healing the souls of a nation

Smudge ceremony cleanses grief at native forum

By MARK BISSET

The Packet And Times

ORILLIA — Smoke hangs in a room that looks more like a corporate office than a place of spiritual and emotional healing.

It comes from a smudge ceremony. Apache Delmar Boni is burning sage and cedar in an abalone shell as part of the ceremony of the Talking Circle.

He passes the smudge around the small circle, following its progress through the smokey room.

"I hope there's not a fire alarm here. We may get a shower," Boni says, looking up at the ceiling from under a bonnet of feathers which stand straight up.

His comment is unexpected in the serious atmosphere of the room. Boni is a stunning figure in his traditional Apache outfit. His reference to the sprinkler system seems out of step with his appearance. It draws laughs from the circle.

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cils, a group of nine First Nation bands negotiating with the federal government for native self government.

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He is teaching the small group how to conduct a Talking Circle. After the smudge is passed around, he sings a song of blessing.

Next, he moves around the inside of the circle with a tiny bag of yellow cattail pollen, dabbing the bright yellow substance on each member of the circle and asking for blessings from Grandfather, the Creator.

Boni then instructs the circle members to greet each other, hug each other. At first they are reticent. But as Boni leads them through, directing them to hug every other person in the group, smiles broaden and chatter becomes more spirited.

Boni explains he will pass an eagle feather around the circle. When you hold the feather, you can open up; speak about what is in your heart; talk about what you are hearing and seeing and feeling, he tells them.

"At one point you are the giver. At another point, you are the re-

ceiver," he explains.

All are equal in the circle.

"When I came into this room I was nervous. I didn't know what to say. Now that we've hugged, I feel like I know you," says the first young woman in the circle.

She would like to say that she's happy, but she can't, the woman tells the others, holding the eagle feather.

"I just lost my father a couple of weeks ago," she says, breaking into tears. After a moment, she continues. "And being here is helping a lot."

The eagle feather is passed down the line. Some speak of learning a great deal. One woman says nothing but good has come out of the conference. Then the feather comes into the hands of an elderly woman. She begins to speak so softly that her voice is barely audible.

"On my reserve, a lot of them don't believe in the traditional ways. It's very difficult there to find people I can talk to," she says.

She thought she had finished her own healing process until she found out her three-year-old granddaughter was sexually abused.

"About a year ago, I didn't know whether I was coming or going. I was completely lost.

"It's very difficult for me to talk about this. Our men are hurting as well. It's all over," she says.

"But it amazes me to see the healing that has happened with my people. I know a lot of people out there are sick. But I also know with the medicine given to us by the creator... we will become one great nation."

The woman moves into a story about a group of old trees which were cut back severely by the government. She says she was deeply affected, as if her heart had been torn out, because she couldn't do anything to protect them.

She feels the same about her people, that she can't protect them from drug and alcohol addiction, but hopes that will change if natives become strong again.

Her story finished, the woman says she has talked about the trees only to her daughter and her closest friends.

"I'm honored to share it here," she says, and the feather moves on.

"I'm feeling...I guess I could say peace and harmony and that peace is coming to me through the smudge and the sound of that drum," says a tall young man.

Referring to the festivities of the previous evening, the man says he saw his people dancing, hooting and hollering in celebration.

"I don't think one of us was drinking or under the influence of drugs and that to me is what wellness is all about."

The feather moves on.

Be ore na ves
find the future
they have to
find themselves

"And whenever I hear people raising the topic of cost, I remember the best answer to that came from someone out west. The native people have lost so much of their land, it more than pays for services they've received. Anything they get is just peanuts compared to what is really owed."

Orillia Today



Nanabush, played by Melvin John, imagines a nice, king-sized meal to fill his stomach in a play called Trickster, performed by youth from Curve Lake in Peterborough. The play was just one performance among many during last night's United Indian Councils talent show at Fern Resort. The show was part of the Councils' three-day conference.

Alexander Moinar — Packet



The
United Indian Councils
Personal & Community
Wellness Conference
April 20-22, 1993

WORKSHOP TAPES

**BUILDING & MAINTAINING
WELLNESS NETWORKS**

Jayne Goodluck (Navaho)

In this workshop Jayne discusses the four "P's" to building and maintaining wellness networks. She focuses on the need to heal ourselves in order to build strong networks and shares her own experience with healing.

Quality

EXCELLENT

Price

\$ 9.00

COMPLETING THE CIRCLE

Kim Sault (Mississauga of New Credit)

In this workshop Kim discusses the impact of European contact. She also discusses using the medicine wheel as a guide for living a healthy life. She stresses traditional values and discusses different ways that we can fit them into modern life.

Quality

GOOD

Price

\$ 7.00

GOAL SETTING

Cynthia Wesley-Esquimaux (Chippewa/Pottawatomi)

In this workshop Cynthia discusses different techniques for setting goals and making the most out of your life. She discusses how to stop blaming and taking responsibility for you own growth and wellbeing.

Quality

EXCELLENT

Price

\$ 9.00

OUR YOUTH

Nellie Speelman (Northern Cheyenne)

In this workshop participants share music and small group interaction. Nellie focuses on healthy risk taking. She talks about the importance of asking questions, building trust, and natural highs. She places emphasis on the youths defining themselves and helping adults understand and nurture this process.

Quality

EXCELLENT (echo in beginning)

Price

\$12.50 (two tape set)

**THE SACREDNESS OF LIFE
HEALING CHOICES AND
RESPONSIBILITIES**

Jayne Goodluck (Navaho)

In this workshop Jayne speaks about going back to our traditions and being able to take the best from both worlds. She stresses the importance of learning from one another. She also addresses the need to open up our minds to learning, the importance of listening, and having patience.

UIC Wellness Conference (1993), Workshop tapes

Quality **EXCELLENT**

Price **\$ 9.00**

SPIRITUALITY/HEALING

Paul Ortega (Mescalero Apache)

In this workshop Paul discusses taking responsibility for our own health. He touches on a range topics that illustrate the need to pay attention to what we surround ourselves with and what subject ourselves to.

Quality **EXCELLENT**

Price **\$ 9.00**

TRADITIONAL WAYS

Paul Ortega (Mescalero Apache)

"People are their own healers. People heal themselves. Nobody heals you"

In this workshop Paul discusses his role as a Medicine man in Mescalero, the roles of men & women in marriage, and his dealings with the sick.

Paul also discusses the importance of beliefs, patience, trust, listening to ourselves, and using our imagination.

Quality **EXCELLENT**

Price **\$ 9.00**

WALKING IN TWO WORLDS **Harvey & Sue Anderson (Chippewa & Inuit)**

In this workshop, Harvey and Sue discuss sharing the healing process, reclaiming what has been taken away from us, traditional teachings, family values, and listening to our elders. They call on workshop participants to give input and share in this workshop.

Quality **EXCELLENT**

Price **\$ 9.00**

**BUILDING HEALTHY
RELATIONSHIPS**

Billy Rogers (Kiowa)

In this workshop Billy demonstrates different energizers that focus on our expression of emotions. He also explores with various group activities; man/woman images, what we look for in relationships, communication patterns and skills, and different types of relationships.

Quality **GOOD (he leaves workshop and goes to his room)**

Price **\$ 7.00**

**IMPLEMENTING IDEAS
AT THE COMMUNITY LEVEL**

Damon Polk (San Carlos Apache/Quechan)

In this workshop Damon uses a story to illustrate how we need to be aware of who and what we are so we don't try to be something we are not. He stresses that we need to determine what are needs are by ourselves. He leads small groups in a visioning exercise.

Quality **GOOD (Difficult to hear group feedback)**

Price **\$ 7.00**

**MAN/WOMANIMAGES:
FINDING THE WARRIOR
IMAGE**

Damon Polk (San Carlos Apache/Quechan)

In this workshop, participants explore our man/woman images through brainstorming and group exercises. Damon discusses and demonstrates personal boundaries, different communication patterns between men and women, and seeing each other from the other sexes point of view.

Quality

GOOD (segment where Delphine speaks is very hard to hear, difficult to hear group feed back)

Price

\$ 7.00

**NATIVE AMERICAN
SPIRITUALITY AND
HUMOUR**

Delmar Boni (San Carlos Apache)

In this workshop Delmar discusses many aspects of life and taking care of yourself. Delmar feels a lot of our teachings are brought to light with simple humour and this workshop reflects that belief.

Quality

GOOD (sound gets distorted when he drums and sings)

Price

\$ 7.00

UIC Wellness Conference (1993), Workshop tapes

EXCELLENT QUALITY

BUILDING & MAINTAINING WELLNESS NETWORKS (Jayne Goodluck)	\$ 9.00
COMPLETING THE CIRCLE- 2 tapes (Kim Sault)	\$12.50
GOAL SETTING (Cynthia Wesley)	\$ 9.00
OUR YOUTH -2 tapes (Nellie Speelman)	\$12.50
THE SACREDNESS OF LIFE...(Jayne Goodluck)	\$ 9.00
HEALING/SPIRITUALITY (Paul Ortega)	\$ 9.00
TRADITIONAL WAYS (Paul Ortega)	\$ 9.00
WALKING IN TWO WORLDS (Harvey & Sue Anderson)	\$ 9.00

GOOD QUALITY

BUILDING HEALTHY RELATIONSHIPS (Billy Rogers)	\$ 7.00
IMPLEMENTING IDEAS AT THE COMMUNITY LEVEL (Damon Polk)	\$ 7.00
MAN/WOMAN IMAGES...(Damon Polk)	\$ 7.00
NATIVE AMERICAN SPIRITUALITY AND HUMOUR (Delmar Boni)	\$ 7.00

Total (13 tapes) \$ 114.00

Complete Set \$ 95.00



**HELP US KEEP THE
CIRCLE STRONG
FOR OUR CHILDREN,
AND FOR FUTURE
GENERATIONS**



UNITED INDIAN COUNCILS

MISSISSAUGA NATION:

MISSISSAUGAS OF ALDERVILLE
MISSISSAUGAS OF CURVE LAKE
MISSISSAUGAS OF HIAWATHA
MISSISSAUGAS OF NEW CREDIT
MISSISSAUGAS OF SCUGOG ISLAND

CHIPPEWA TRI-COUNCIL:

CHIPPEWAS OF BEAUSOLEIL
CHIPPEWAS OF GEORGINA ISLAND
CHIPPEWAS OF RAMA

POTTAWATOMI NATION IN CANADA:

MOOSE DEER POINT

"KEEPING THE CIRCLE STRONG"