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STATION DES JOURNAUX  
MONTREAL QUEBEC

# Wind speaker

December 19, 1986 Volume 4 No. 41

## INSIDE THIS WEEK

25th ANNIVERSARY celebrations are planned by Edmonton's Canadian Native Friendship Centre. **See Page 3.**

AMMSA AND ARTS staff and board held their annual Christmas party, where a number of awards were presented. **See Pages 4 and 5.**

NORVAL MORRISSEAU, the "grand master" of Canadian Native artists, opened a new exhibition of his work. **See Page 12.**



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# National

## Panel says 'system' caused mental health problems

By Guiou Taylor

A panel of Native service leaders were united in their feeling that the major source in Native mental health problems is the intrusive "non-Native system."

Speaking to an audience of health professionals, the panel addressed a symposium on Community Participation in Mental Health, on Thursday, December 4, at the University of Alberta.

Mental illness refers to those symptoms of failing to cope with the stresses of society. Alcohol and drug abuse, physical violence, spouse battering, depression, anxiety and loneliness are in the category of mental disorder, and often have their origin in stress and loss of self-esteem.

Mental disorder is not "being crazy." According to Poundmaker's Lodge Director Pat Shirt, "a lot of alcoholics and drug addicts" think they are crazy. Alcohol use can begin with trying to prove the user is grown up, and often is thought to be a way out of pressure and stress. Shirt feels that alcohol and drug use dig the person into a deeper hole.

"Alcohol is the poor man's psychiatrist" says Shirt. "The user feels that 'healing is only a drink away.'" Actually, "once you stay clear for a while, these mental illnesses disappear." With the majority of Native people sentenced to Alberta institutions involved with alcohol, "there would be no Native murder in Alberta without alcohol." The temporary situation, alcohol, itself turns into a killing problem.

Loro Carmen, social service consultant, said three major factors are the deeper causes of Native mental disorder:

- 1) Non-Native imported religion destroyed the Native sense of dignity and social institutions. "When you take away the culture of thousands of years — and do it quickly, when you tell us our ways are no good, that people are evil and superstitious, you help to destroy us.
- 2) Non-Native government was and is forced on Native people. European government is imperialistic, hierarchical. If you go back to Indian days, it was not who had the most relatives — the Elders would recognize talent, and would take years to develop it.
- 3) Enforced poverty — "Native people can see the outside world through television, but have no real access to it."

Two Native women who had been involved in provincial mental health programs described their frustrations.

A social worker described how, after finishing her college degree, she was employed as a social worker, and that the work itself caused excessive stresses. Seeking help, she voluntarily admitted herself to residential treatment. She worked three years and took one month each year for treatment.

Another ex-patient reported that treatment consisted of being a given a diagnostic label, and having pills prescribed.

Both said what they needed was not pills, but a closeness to a person,

somebody to talk with.

Joey Hamelin, working with the Alberta Hospital, pointed out that "answers (to the causes of mental disorders) cannot be provided, but there is a long history of intervention by non-Native people in the lives of Natives," with destructive results.

John Tees, public relations director with Native Outreach, says he sees the negative results of mental stress in people looking for jobs. Counsellors with their clients, says Tees, often have to help people to face the stress of new jobs.

In stating the need for Native-designed therapies, Gary Nault, who describes himself as a shaman-in-training, says that "we need our own doctors."

All panelists agreed that western medicine "operates out of a partial model." Psychiatry is concerned

only with medicine and intellectual answers, but "Native healing goes deeper to the spiritual healing."

"The Native spiritual leaders must get themselves together and then go out to the communities," says

Carmen. "We are capable ourselves of studying our problems, and of developing our approaches."

*"Mental disorder is not 'being crazy' ... a lot of alcoholics and drug addicts think they are crazy... alcohol is the poor man's psychiatrist... the user feels that 'healing is only a drink away.' Actually, once you stay clean for awhile, these mental illnesses disappear."*

## OTTAWA REPORT

By Owenadaka

Dear Santa:

How are you? I hope you're able to bring everything on my Christmas list because I have been a good little boy. I mean, golly, I haven't criticized politicians all year—except when they deserved it. Anyway, Santa, here's my list:

My first request isn't for me, it's for Brian Mulroney. I know he's a millionaire and now he's the most powerful man in the country, but he doesn't have everything! So please bring him one little piece of knowledge. Make him realize, Santa, that self-government is not just an idea that makes good economic sense, make him recognize instead that our people have the right—the right that was given to us by the Creator—to govern ourselves.

By the way, Santa, could you please bring the same realization to the premiers as well? If you don't have enough to go around, could you please make sure that Bill Vander Zalm, Don Getty and Grant Devine get their share first?

The next person on my list, Santa, is Minister of Indian Affairs Bill McKnight. Please bring him \$500 million to build new housing so our people won't have to live in tiny, drafty, run-down firetraps anymore. And bring him another \$500 million for economic development so our people can have jobs instead of welfare. That adds up to \$1 billion and I haven't even got around to money for schools, roads, water, sewers and hydro—not to mention things like land claims.

I know that times are tough, Santa, so if you really can't afford to bring the cash, I'll tell you what. Instead, bring Bill McKnight just half the concern and half the compassion that David Crombie displayed when he was the minister.

And speaking of David Crombie, Santa, he's next on my list. Since he's in charge of the Secretary of State, he doesn't need quite as much money. So could you please bring him, say, just \$100 million for Native organizations, friendship centres, communications societies and women's groups?

And if you don't have an extra \$100 million to spare, could you please bring David Crombie just a little bit of the straight-shootin', no-nonsense attitude that Bill McKnight has so that he doesn't raise expectations or make promises he can't deliver?

Now that I think about it, Santa, you really don't have to bring the money. We'll get along without it—somehow. The one thing we really need doesn't cost anything at all—just a change of heart on the part of a lot of government people.

For example, the next one on my list is Minister of Communications Flora MacDonald. She's trying to decide what to do about the recommendations in the report of the Caplan-Sauvageau task force on broadcasting. The task force said that Native people should have the right to receive radio and television programming in their own language. Santa, please bring Flora MacDonald enough courage to change the federal Broadcasting Act to give Native languages the same legal protection as English or French.

Santa, I want to tell you about five people who used to work for the government who deserve a special gift. The first is Richard Price. He was charged with a criminal offence for leaking the notorious Buffalo Jump report to the media. He was then fired from his job as a policy advisor in the Department of Indian Affairs.

The second one is Dennis MacPhee. He quit his job as the top financial figure in the Manitoba region because he said he was tired of working for a department that routinely cheated Indians out of millions of dollars.

The third is Robert Laboucane. He was fired from his job as an economic development officer in Alberta. He was fired because he held a news conference to tell the media that, when it came to economic development, the department was saying one thing and doing another.

The fourth person is Walter Rudnicki. He quit his job as a senior policy advisor in Ottawa. He said he quit because he was disgusted by the department's refusal to act on a recommendation to renegotiate Treat Number 8.

The fifth is Cam Mackie. He quit as manager of the Native Economic Development Program. He said the program was being corrupted because worthy projects were being torpedoed for political reasons.

Santa, please bring all five of the whistle-blowers a 24-karat solid gold whistle and the Aboriginal Order of Canada.

So that's my list, Santa. I know you're checking it twice to see who's been naughty and nice. But before you decide just where I fit in, let me say that I hope Dasher and Dancer and the rest of your reindeer have not been grazing on any of that radioactive tundra from the Chernobyl explosion. And give my regards to the elves. And say hello to Mrs. Claus for me.

Yours truly,  
Owenadaka



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# Provincial

## CNFC announces 25th anniversary plans

By Terry Lusty

Back in their hey-days of the late 1950s and early 1960s when the first batch of Native friendship centres came into existence, a variety of programs, services and organizations took root. The centres, became, if you will, the catalyst for such movements and in 1987, the Canadian Native Friendship Centre (CNFC) in Edmonton celebrates its silver (25th) anniversary.

A planning committee has been struck with John Fletcher as the chairman and former Edmonton Eskimo kicker, Dave Cutler, along with Willie Littlechild, filling the roles of honorary co-chairmen.

The centre plans to honor those who have contributed to the operations of the society and to also sponsor a number of special events. Fletcher stated that a February 7 anniversary banquet at the Montgomery Branch of the Royal Canadian Legion will kick off the events for 1987.

Speaking to a December 11 press conference, the gala year of the centre was outlined by individuals connected with the centre who elaborated on their proposed activities for the ensuing year.

Muriel Stanley Venne, the vice-president of the CNFC, acknowledged the founding members for the centre who "were few and very dedicated people." In setting some of the historical background of the centre, Venne informed the audience that the concept

of the CNFC was founded on the perceived need of helping Native people faced with the difficulties of coping with life in the city.

"I hope that today marks the beginning of a new era in the relationship of Native people to the greater society, an era in which there is equality," said Venne. She spoke optimistically of a better future that would be "much better in the next 25 years than in the last 25 years."

On a national level, a brief history of the National Association of Friendship Centres was provided by Karen Collins, who is the secretary for the organization which involved 108 members of which there are 96 core-funded centres and 12 that are "new and developing as well as satellite operations." She identified Winnipeg and Vancouver as being the first centres originating back in 1958, and the Edmonton one in 1962, which made it one of the first five in the country.

Another speaker was Gordon Russell, the CNFC program director. He mentioned the centre's "Friends in Sports" activities which began two years ago and had over 400 Native athletes who participated in the first year. As part of the 25th Anniversary, the CNFC plans to play host to a National Native competition in 1987 that could attract 600 to 700 participants from Canada and the United States between July 6 and 9 at the University of Alberta.



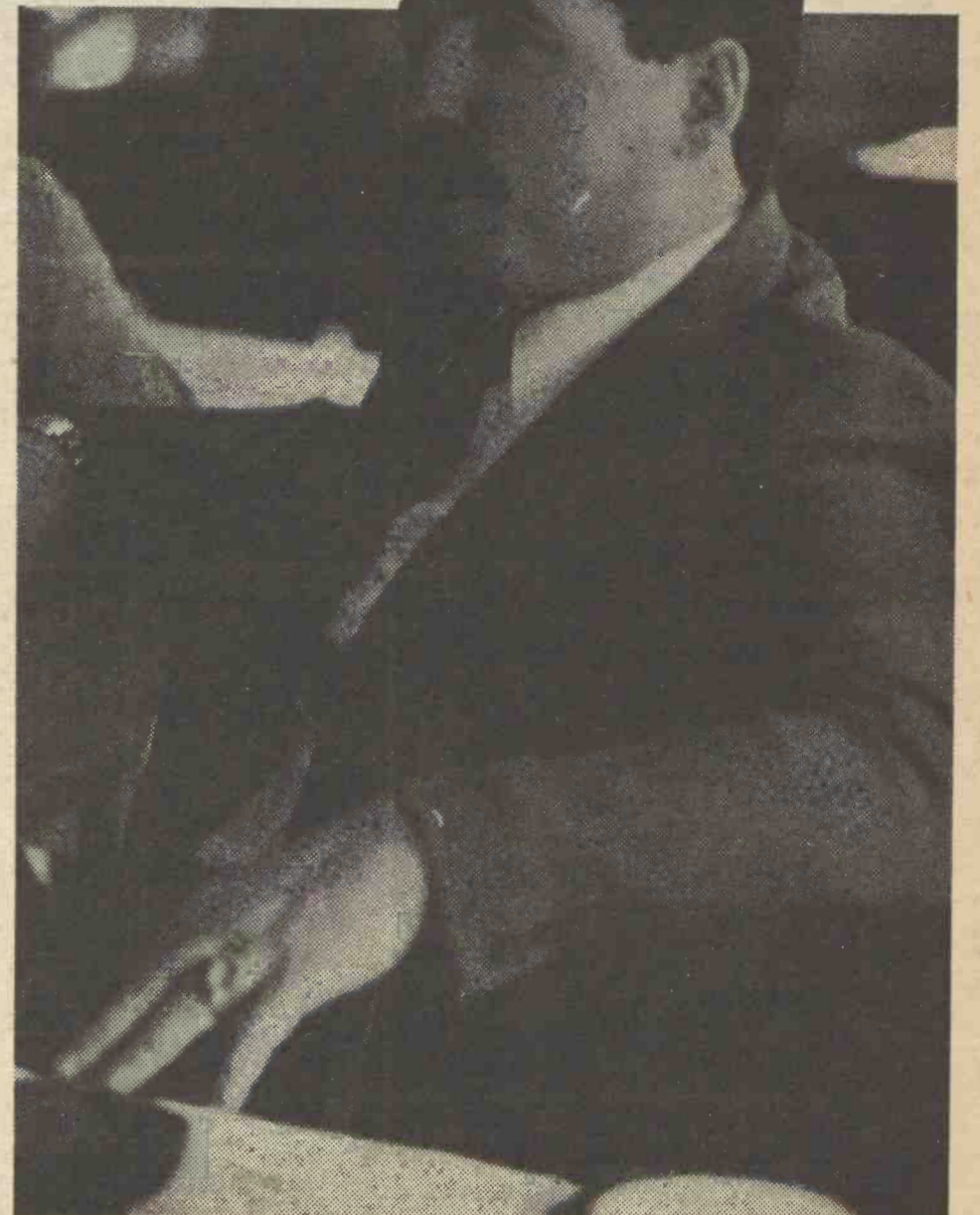
**JOHN FLETCHER**  
...committee chairman

Additional sports events planned are the mens' and womens' International Fastball Tournament July 10 - 12 and two golf tournaments — the "Early Bird" on May 9 - 10 at the Sherwood Golf and Country Club and the "International Golf Tournament" July 16-18 at The Links in Spruce Grove.

Apart from the sporting activities, a "Seniors Gathering" is to be held at the centre July 13 and 14 and a "Kiddies Day" on July 15. A true highlight this coming year is the fact that the CNFC is to host the

annual Canadian Native Princess Pageant at the West Edmonton Mall from July 16 to 18. One other event will be a Klondike Days Breakfast at the centre on July 19.

The anniversary committee's honorary chairman, Dave Cutler, expressed his pleasure at being chosen for his role and said "it's a great honor for me...because I have a great love for a lot of things that the Native friendship centre has been doing here in Edmonton." His interest in Natives, he pointed out, stems from his days in university because some of his courses were



**DAVE CUTLER**  
...honorary chairman

related to the history of indigenous peoples.

Fletcher emphasized that the planning and operations for the many activities of the centre will be heavily reliant upon "volunteerism." The generosity of people contributing voluntary time and effort as has been the case in many of the centre's past activities, will be vital to the anniversary celebrations said Fletcher. It is hoped, he added, that people will step forward to involve themselves and they may do so by contacting Gordon Russell at the CNFC.

Over the years, the centre has hosted numerous sports events as well as other recreational, cultural and social activities. Counselling and referrals have been another area of endeavor on the part of the centre, which serves many, many Native people from throughout the country.

In the area of sports, the CNFC's women's fastball team warrants special mention. Last year they finished second in Oklahoma at the North America Indian championships and they have captured that title in three of the past five years.



**VENNE**  
...feels good

By Rocky Woodward

Muriel Stanley Venne is still an active member of the Native Economic Development Program (NEDP) Advisory Board, and that fact was "officially announced at Federation of Metis Settlements All Council meeting October 27 in Edmonton.

## Venne confirmed as NEDP board member

This announcement comes after Venne was asked to consider resigning her position on the board in March of this year, because of her involvement in the provincial election. Venne made her election bid as a candidate for the New Democratic Party in the Meadowlark riding in the May 8 provincial elections.

She was appointed to the NEDP Advisory Board in December 1985, and last April she received a letter of congratulations from Prime Minister Brian Mulroney on her appointment.

The role of the Advisory Board (NEDP) is to consider and approve applications for NEDP funding.

A letter dated March 8, 1986, from Kenneth Thomas, chairman of the

NEDP, states in regards to Venne that the government's position, as stated by the then minister responsible for the NEDP, Andre Bissonnette, was that members of the board would be expected to govern themselves by a code of honor to the extent that if any person wished to become directly involved in partisan politics, they were free to do so. However, they would communicate that desire to the board and by inference tender their resignation.

Thomas states in his letter that it has come to his attention that Venne had been a candidate in the recent provincial election in Alberta, and this would appear to be in breach of the suggested guidelines

set forth by the minister. "It is my understanding that there is a general desire on the part of the board that this policy be honoured and it would appear to be fitting and proper for you (Venne) to review your situation and consider tendering your resignation," the letter said.

Venne was shocked when she received this letter and, later, phone calls from Thomas asking for her resignation back in March, but she still would not resign.

"I was not reinstated because I was never gone. I refused to resign. If I would have resigned from the advisory board, it would of been an admission of guilt to something I never did.

"It was publically stated at the All Council meeting,

so I am fully back on the board," Venne commented.

Venne also received a letter from the Minister of State, Small Business and Tourism, Bernard Valcourt, dated October 7, which read in part that "I am satisfied that Mr. Thomas' request was predicted on his desire to have board members fulfill their duties in a professional and non-partisan manner, and on his understanding that it had been agreed by board members that, should they seek a political office, they would resign. Though such a requirement would be desirable, I find that no such requirement existed at the time of your appointment. Hence, I have concluded that your resignation from the board

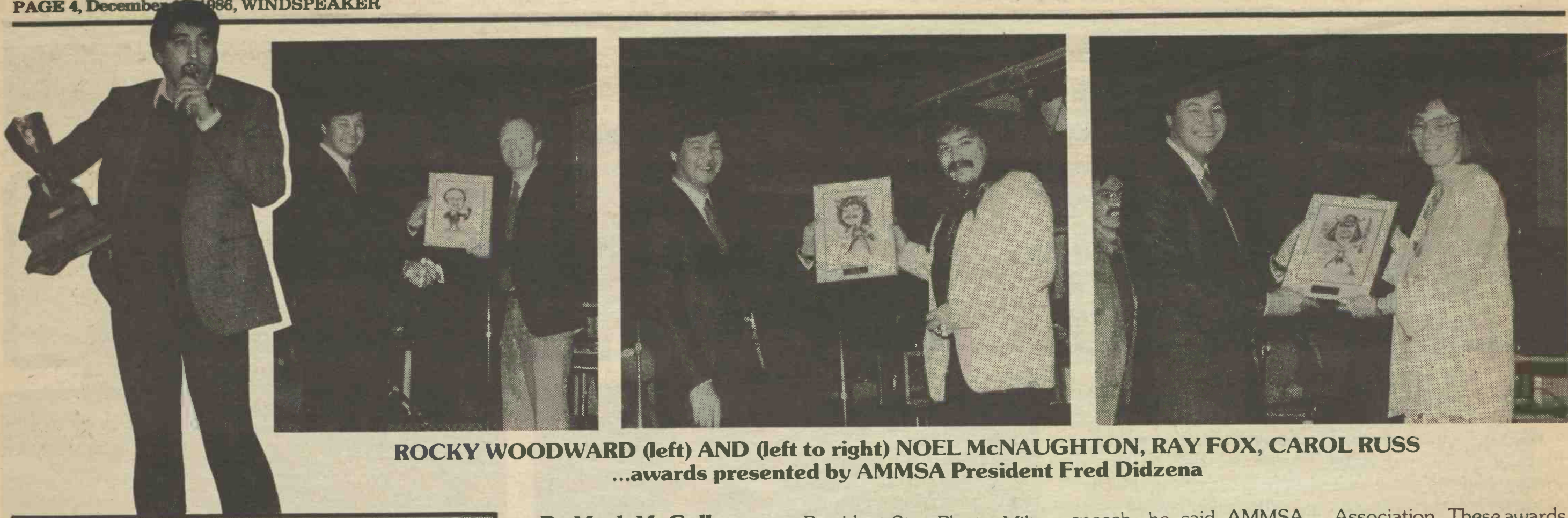
is not justified and therefore not necessary."

Valcourt added in the letter that it was his opinion that Venne had conducted herself in a responsible manner.

"I am also confident that you have always had the best interest of Native people at heart, and that you will continue to work for their benefit."

MP, David Kilgore made the official presentation on behalf of the Minister of State Bernard Valcourt.

"To me, all of this controversy has been resolved in a very positive manner. I feel good how things turned out. It is too bad that it had to happen, but I am glad that it is finally buried and finished with," Venne said.



ROCKY WOODWARD (left) AND (left to right) NOEL McNAUGHTON, RAY FOX, CAROL RUSS  
...awards presented by AMMSA President Fred Didzena

# AMMSA & ARTS XMAS PARTY

By Mark McCallum

Staff and board members of the Aboriginal Multi-Media Society of Alberta (AMMSA) and the Aboriginal Radio and Television Society (ARTS) held their 4th annual Christmas party at the Firefighters Social Club, on December 12 in Edmonton.

Prominent guests in attendance included Colin McLean of CBC (who helped Rocky Woodward with Native Nashville North), Secretary of State representative Stan Shanks, Metis Association of Alberta (MAA) President Sam Sinclair, Metis Local 1885

President Stan Plante, Milt Pahl of Native Venture Capital, teachers Bob Lysay and Paul Satterley, who both instruct at Grant MacEwan Community College in the Native Communications Program; and Georgina Donald and Gordon Russell of the Canadian Native Friendship Centre.

After a delicious banquet was served, "Native Perspective" producer/host Bruce Makokis introduced Fred Didzena, the president of AMMSA. Didzena acknowledged the 150 people at the party and gave them a brief history of AMMSA/ARTS. In his

speech, he said AMMSA was established after "Alberta Native Communications Society (ANCS) closed its doors in December 1982 after sixteen years of operation."

Former employees of ANCS went to both the federal and provincial governments with proposals for a new society, AMMSA. The society was incorporated on January 21, 1983, and its first publication "rolled off of the presses" on March 18 of that year.

Two years later, Didzena noted, "AMMSA (which is now called "Windspeaker") wins three out of a possible eight newspaper awards at the Native American Press

Association. These awards are Best Editorial, Best Layout and Design, and Best Overall."

The president went on to list other accomplishments of AMMSA such as the formation of the National Aboriginal Communications Society (NACS), the production of "Native Nashville North" and a one-hour documentary on the life of native gospel singer Harry Rusk (who was the first full-blooded Native to appear on the Grand Ole Opry) called "Beyond the Bend of the River" (to air on January 3 at 10:00 p.m.); the broadcasting of "The Native Perspective" (which airs Mondays to Fridays at

## Book latest coup for artist and cartoonist McLain

By Rocky Woodward

Windspeaker cartoonist Kim McLain has finally done it!

No, he hasn't slipped over the edge while sketching a cartoon of Sam Sinclair still holding onto the steering wheel after all those years while the rest of the MAA car was falling apart, and he hasn't applied electric wires to his head (yet) while drawing a cartoon of the little ole lady from Lubicon screaming "Where's the beef?"

Instead, he has gone beyond all of that and put together 64 pages of "The Best of Kim McLain."

Inside his easy-to-hold-

and-read booklet, Kim has taken the best of his cartoons, picked personally by himself, from the three years he has been with the Windspeaker (AMMSA) organization as a cartoonist, sometimes writer and now production editor, and has filled those pages with a great deal of humor...humor that still portrays a positive message.

Alongside his cartoons, Kim has taken the time to enter quotes from such celebrities as Humphrey Bogart, Mickey Mouse and the rock group ABBA, telling it as only Kim McLain can.

Kim also portrays the concerns that Native

people have today — concern over land and mineral rights, the government's sometimes lack of responsibility towards Native programs, and Native concerns in general.

He has taken quotes from Native personalities and political leaders like the one from MAA president Sam Sinclair that runs along side a cartoon that shows two Natives, one worrying about life after death, while the other person thinks he is talking about government funding: Sinclair's quote reads: "Those funds are our right, not a privilege."

I, for one, like the quote that Kim used from

Wagamese.

"Self-government: Waking up Monday and deciding which colour socks to put on — sometimes most people can manage without a band council resolution or an amendment to the Constitution. What's all this fuss about."

Kim McLain is an "artist," and cartooning is only one expression of his many talents.

Born in Oxbow, Saskatchewan, Kim has also lived in the Northwest Territories, and the states of Montana, South Dakota and Missouri.

While attending school, McLain won numerous art

awards, which prompted him to further his training at the Alberta College of Art in Calgary.

McLain is actively pursuing a career as a fine artist. His paintings are already in a number of prestigious collections and can be viewed at the Vik Gallery in Edmonton.

His work at AMMSA has not hindered Kim's art work to any extent, as proven when he recently won second prize in "Asum Mena 1986," an art competition sponsored by the Alberta Indian Arts and Crafts Society.

Director of Print Media for AMMSA, Clint Buehler, writes of McLain's work:

"The final judgment of any cartoonist's work is the response it gets, and McLain gets plenty. Sometimes outrage and offense when he accurately hits a deserving target, but more often delight and admiration at his insight and skill."

"The Best of Kim McLain" is a collector's item, and should not be missed.

If you are interested in receiving "The Best of McLain," please write to:

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**DIANE PARENTEAU**  
...Droppin In award

8:00 to 10:00 a.m.); and the publication of the magazine on the Riel Rebellion (written by Terry Lusty) called "Batoche" and the cartoon book called "The Best of McLain," which features much of Windspeaker production editor Kim McLain's best editorial cartoons. (Both these publications are available through Windspeaker).

Later, in a conversation with Didzena, he said that "...many people don't realize that the organization itself is only a little more than three years old, and all the accomplishments that have been done in those three years is phenomenal..." He added that he sees Windspeaker becoming a national publication.

Didzena said he became involved with AMMSA because he felt that "we

(Natives) have been slandered for so long that this was a medium...we could get into that could to a large extent alleviate the greater public's image of us...

"I don't want to stop at telling the world that we are a very talented people, very reliable and the greatest."

Awards, in appreciation from AMMSA to those who have contributed a dedication and work ethic to the organization above normal standards, were given in the form caricatures to AMMSA employees and one surprised board member and vice-president of AMMSA, Noel McNaughton.

McNaughton accepted the special award and said, "I think we have a terrific staff...it has a wonderful board...and I think we still



**TERRY LUSTY**  
...freelancer

are going to go a long way." Kim McLain, who did the caricatures for the awards, also received a portrayal of himself done by Yardley Jones, cartoonist for the Edmonton Journal.

"If I was going to get a caricature from anybody...if I had a choice...I probably would have said Yardley Jones," said McLain.

"I'm thankful that you're doing this," he said of the award, "but I'm not alone... at AMMSA we work together...I firmly believe that action speaks louder than words and at AMMSA that's what we do."

Freelance reporter Terry Lusty, who is working on his masters in education at the U of A, said that the award "comes as a complete surprise to me...it's really been a helluva experience..."

"I strongly encourage

people in the communities, if they know of somebody who might have some writing ability or...aspire to something in terms of the electronic media...to offer them encouragement...(and) get them involved."

Ray Fox, Director of ARTS jokingly said, "I already have an ego problem — it's impossible to live with me. Now it's going to be impossible to work with me," when he accepted the award.

"I'm getting emotional here...my dad and grandfather always encouraged me, I guess the sad part is they're not here to share this with me...(but) maybe somewhere they can share this award with me."

(Harold) Rocky Woodward received the Eugene Steinhauer Award, which is



**KIM McLAIN**  
...production editor

given to Natives who contribute the most to Native communications each year.

"I wasn't even thinking about it (the Eugene Steinhauer Award) at all...it really surprised me...(and) I couldn't have done it without the help of the people around me..." He gave credit to Rossi Cameron, director of "Beyond the Bend of the River;" Fred Voss, who directed "Metis and Their Music;" Dave Cook, who directed "Native Nashville North" productions; Colin McLean of CBC and his wife Gail, who did the bookkeeping duties and much more on a volunteer basis for the productions. "So, I guess in a sense, the Steinhauer Award is also theirs..." said the Windspeaker reporter.

Other winners were AMMSA Finance and Marketing Director Carol Russ, for her work in accounting and management; Allen Jacob, a former board member and president of AMMSA; Jim Morris, for his work as a government liaison; Leonard Flett, last year's best "Dropping In" reporter, as chosen by Rocky Woodward; and Diane Parenteau, for this year's best "Dropping In" reports.

The Whispering River Band, who will be doing most of the back-up work on "Native Nashville North," played entertaining country music as the night came to a close and AMMSA had finished honoring this year's most outstanding and dedicated individuals — all of them more than deserving.

### The Windspeaker Calendar of Events

**Check it out!**

**Children's Christmas Party** December 21, 1986, 1 p.m. - 4 p.m., Waspison Daycare, Wabasca. For more information call 891-3850.

**Metis Children's Services Christmas Party** December 23, 1986, 1 p.m., Canadian Native Friendship Centre, Edmonton. You are invited to attend.

**Memorial Round Dance** for the late Julian Gadwa, December 26, 1986 - Feast starts 5:00 p.m., Kehewin Reserve School Gym

**Kehewin Talent Show** - December 26 & 27, 1986, 1 p.m., Bonnyville Agriplex. For more information call Herman John at 826-3333.

**Christmas Share-a-Thon '86**, get involved with the Friendship Centre in High Prairie. Call 523-4511 to make a tax deductible donation or help with hamper assembly and distribution.

**OKI 10th Annual Men's Basketball Tournament**, December 21, 22 & 23, Pincher Creek. Call 627-4224.

**Memorial Hockey Tournament**, December 26, 27 & 28, 1986, Saddle Lake.

**Hockey Tournament**, December 27 & 28, 1986, Kehewin.

**Worlds Only Cowboy Xmas Rodeo**, December 26, 27 & 28, 1986, Panee Agriplex, Hobbema.

**Native Nashville North** — to air on January 3, 1987. Every Saturday 10:30 p.m. on CBC Television.

**7th Family Memorial Round Dance**, January 2 & 3, 1987, 6 p.m., (Feast) 8 p.m. (Round Dance Nightly), Saddle Lake. For information contact Celina McGilvery 726-3829 Ext. 172 (days) or Rosemarie Cardinal 726-2381 (nights).

*Merry Christmas  
& Happy New Year*



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# Editorial

## Christmas thanks from AMMSA/ARTS

Those of us who toil throughout the year to produce this newspaper, the "Windspeaker" and "The Native Perspective" radio programs, Rocky Woodward's television projects and the various other activities we are involved in, had a chance to celebrate our achievements at our annual Christmas party December 12.

Ideally, all of our readers, listeners and viewers should have been there, too, since you're the reason we do all these things, but of course that isn't possible.

This annual Christmas event is a chance to not only celebrate our achievements, but also to single out individuals on our staff and board—and others outside of our organizations—who deserve special recognition for their contributions and dedication.

Details on the awards that were given are reported on Pages 4 and 5. They are all obviously deserved, and we congratulate those who were selected. Obviously, too, there were others who deserve acknowledgement who did not receive awards, since only a few can be honored and choices must be made. So congratulations to all of the staff for their contributions to the success of AMMSA/ARTS over the past year. We would also like to acknowledge others who have made important contributions to our success:

Although they did receive some acknowledgement at the Christmas party, not enough credit is ever given to the men and women who volunteer their time to serve as board members of the Aboriginal Multi-Media Society of Alberta (AMMSA) and the Aboriginal Radio and Television Society (ARTS). They do not get paid for their efforts, yet dedicate a great deal of their time and energy to attending board meetings, serving on committees and acting as a valuable resource to the management and staff of the two societies. Their contribution, made with wisdom and dignity, is invaluable in assuring the effective operation of AMMSA/ARTS and its attention to fulfilling its mandate of meeting the communications needs of Native people.

We hear a great deal about the shortcomings of government and the funding difficulties that Native organizations encounter. We must acknowledge that we are blessed with supportive and co-operative government representatives (both federal and provincial) who go out of their way to be helpful in ensuring that we have the funding to maintain our operations, and the freedom to use those funds to do the job we feel we need to do, the way we feel we need to do it.

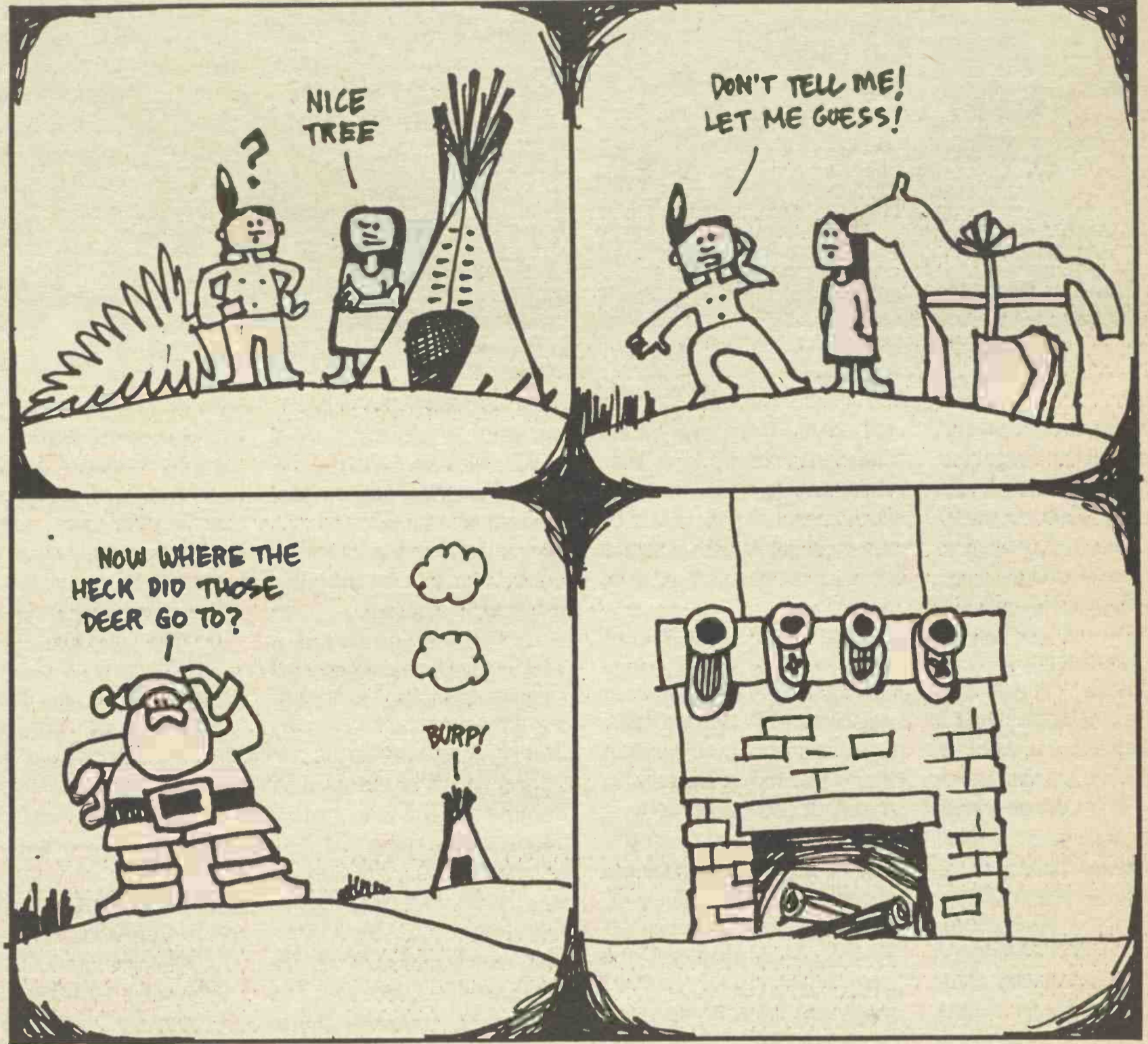
One of the rewards for what we do is the network of relationships we develop in the course of our work. So many of you are so helpful to us, and we could not do our job successfully without you. It is an added bonus that in the process of working with you, solid friendships are developed.

We trust that those contributions will continue, and that together with our colleagues, associates and friends, we will continue to build on the foundations we have established. And we look forward to the new associations and friendships awaiting us in the future.

For those of you who would like to become more actively involved in our communications "family," please let us know who you are and how you want to help.

To all of you, we wish you safe and joyous celebrations during the holiday season, and all of the warmth and love the season has to offer.

## McLain's X-MAS SCENES YEARS AGO



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# Pro-Native wildlife action applauded

**OPINION**  
By John Fletcher

The Indian Association of Alberta (IAA) withdrew from the Fish and Wildlife Council October 14, 1986. This was due to the lack of input on issues that pertain to Indians. The termination of the IAA's involvement is a step backward, but it may serve as a warning to all Native people.

Everyone knows Indians will hunt for game, but not all Indians hunt like whites believe they do. They think that Indians will abuse

hunting laws regardless. but compared to non-Indians who hunt out of season, there is no comparison.

The Indian Act gives the for the Indian to hunt, trap and fish in the manner to which they are accustomed. The use of modern equipment like firearms, steel traps and fishing paraphernalia is just a natural extension to change in the modern lifestyle of Indian people.

Indians will hunt and fish

for their lifestyle, for food and for hides to be used for moccasins, mukluks, etc. The cultural aspect appears here, but whites, in their rush to modernize everything, fail to include Indian people when it comes down to the issue of culture.

The rights of Indians to hunt and fish will be the next big issue concerning the Indian Act. The have made one change (Bill C-31) and maybe the door is open for others.

I have a record under the

hunting laws that are set by Fish and Wildlife. I shot an elk within a quarter-mile of a house. (The house was in a gully and could not be seen.) I paid the fine only after I called Fish and Wildlife because the farmer's wife raised cain. I was allowed to keep the elk, but if I was guilty, they should have confiscated it. It looks like I owe them an elk, but I know where I can find one. I will just go to any city dump during elk season and there will be many elk carcasses laying around. They will have no antlers because

they will be hanging over someone's fireplace, or over the entrance to a ranch or the door of a garage.

An elderly trapper, Mr. Powder, shot a spruce hen for his supper. He was stopped by Fish and Wildlife and charged with shooting an upland gamebird out of season. Mr. Powder, who has lived in the bush, off the land, and trapped most of his life, went to court and was found guilty. He was given a sentence of a \$50 fine or five days in jail.

He said "I'll take jail." Mr. Powder is in his twilight years and his "golden pond" was shattered by a system which would destroy this Elder's dignity.

Thanks to the Indian Association of Alberta for having the guts to separate from the "system" and to Ron Steinhauer, who quit Fish and Wildlife because of their narrow-minded ways on Indian issues. But most of all, hats off to Elder Powder, a true woodsman who faced the system and won a moral victory.

## Committee says progress made at AVC Grouard

Dear Editor:

We would like to let you know about the progress that has been made by the Joint Native-Government Committee dealing with Native needs and involvement in the future operation of AVC Grouard.

Over the past few months we have held a community forum in Grouard to listen to the thoughts of people not only from Grouard but also from other communities. That was a very successful and useful meeting although we would like to have seen more participants from other communities.

Also in the last few months, we have hired the consultant firm of Nicholls Applied Management to conduct interviews with key people from the region and surveys involving staff, students and former students. We are currently in the process of preparing a draft report and recommendations based on all the interviews and surveys and our own deliberations.

On January 17, 1987 we intend to hold a second and final public meeting in Grouard to discuss the recommendations the Joint Committee will make to Ministers Russell, Crawford and Shaben. More details will be available later, but we hope that anyone from any community served by AVC Grouard will make a point of attending the January 17, 1987 public meeting. Please let others know about this meeting and its purpose. We need your comments. It is our hope that we will have our final report to the Ministers by the end of January.

We hope that in the meantime you and your family and friends will have a Merry Christmas and a happy, healthy, and prosperous New Year.

Sincerely,

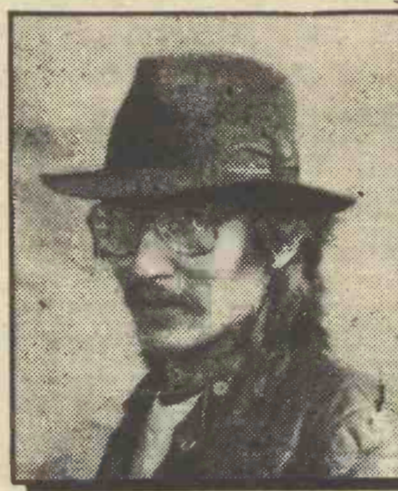
Jeff Chalifoux  
and Robin Ford,  
Joint Working  
Committee  
AVC Grouard

Please write:

Editor  
Windspeaker  
15001 - 112 Avenue  
Edmonton, Alberta  
T5M 2V6

## Opinion

From One  
Raven's Eye  
wagamese....



Ahneen, howdy and ho, ho, ho. This is the time of year when somebody with blue Paul Newman eyes, a red, beard face like Burl Ives and a body like Refrigerator Perry goes sneaking around unsupervised in our places. That mostly invisible entity leaves toys for the kids and the bills for you know who.

To tell you the truth, that's how my version of the Christmas spirit left me feeling until very late this year. Almost exactly like a bag of week-old laundry.

It's a funny thing, that Yuletide mood. Some years it grabs you and other times it sort of slowly wraps you. Sometimes it's as quiet as a smile over memories, sometimes as loud as music and talk at parties.

So there I was leaning on a doubleloader at the laundromat, vibrating along through a spin cycle. On a snowy December night being in a place like that is like being stuck in an elevator about three days after the novelty has worn off. My bored baby browns go jiggling around the room.

Who would paint a wall half orange and the other half yellow? The same person who would stick red and white Santa pictures on such ugly colours, that's who? Around the window frames runs a tangle of G.I. Joe-coloured plastic holly. On each row of washers that jut out into the room they've put these fake trees stuck into papered over boxes. You can see the metal pipe the yellow tinsel branches poke out from. Then a fat Claus-sized guy shoves in through the door packing a big bag over his shoulder. He's followed by a gray haired, worried looking woman and three kids with pointy little faces, all dressed in green. He sees me and a hateful look crosses his face. I sneer back and silently wish him a merry \*\*\*\*\* Christmas, too.

Right in the middle of the beginnings of another not too so hot cross-cultural experience, the tiny radio speaker kicks in. John Lennon singing probably the best Christmas carol ever written with the season in mind. The ex-Beatle murdered in New York City six years ago singing to the end, "all we are saying...is give peace a chance."

That's when the Christmassy feeling reached out and found me. Suddenly, the thick snow falling outside went like the stuff on cards and not at all like what I would have to shovel out of the driveway in the morning. The cheap little tree, the ugly holly and wreath were someone's idea to make this place look more, what, jolly? And the creep, well, maybe a change of clothes at least once this winter will make him a better person, too.

Hmmm...down at the post office a sign said there was only a day or so left to mail out-of-town cards. Maybe

should send a nice one out to Maylynn and Akkean in Vancouver. We don't send many cards these days but we do, however, expect them. Does anybody still hang them on a string stretched along the ceiling? Don't hardly see that anymore. Another little tradition just disappearing.

Of course, when you start talking tradition, 500 hundred years ago Xmas as a celebration, an idea, or as a date on any calendar kept by us, didn't exist. No suspiciously cheerful white man in a red suit ever landed twelve fat deer on a teepee roof and got away with it. No siree...We were all a lot harder to sneak up on in those days. Rudolph, Donner, Blixon and Nixon would have ended up fixin's on a cooking stick mighty quick.

However, since sharing, giving and feasting were already traditions amongst us, it didn't take long for the imported version of that to catch on.

Without sounding like a Scrooge about it, Christmas can get expensive. Most of us live on a payday-to-payday economy. Now considering that fact and the fact we are relative newcomers to the occasion, what would you think of this? How about we move the celebration of it to the same time as the Ukrainians have theirs, in January? We could get in on all those Boxing Day sales, toy sales and make our cash stretch a lot further.

No, eh? Well, it was just an idea.

Okay, we have to decide where to spend the actual gift opening day pretty soon. Should we go to a friends or over to my mother's? My wife, who is pulling soggy sheets out of a stalled washer just shrugs. Obviously, the merriness of the pending event hasn't quite knocked her socks off yet.

To me it's sure great to have a choice. Like many of us, I've spent a Christmas or two in circumstances nobody would choose. Like in foster homes where you'd sit trying to smile over a new toque and mitts while the real kids were busy ripping open their real kids' gifts. Or standing behind bars, my hands shoved out through them, conducting along to Christmas carols like "Joy To the World."

Even without such reinforcing experiences, family and friends would probably be one of the most heartwarming of things on the old festive list for me. If such hard times are still upon you, try to remember a bunch of us have somehow found our way clear of them and someday you will also.

Wonder what we should get the kid, present-wise. He wants a three wheel, all terrain vehicle, a computer or an electronic piano keyboard. Whatever happened to stuff like skates, toboggans and crokimole boards with 120 all-time, family favourite games painted on the other side?

Well, by the time we got to shoving underwear in the dryer, reality had set it. The mushy-headed Christmas moment disappeared like quarters down a slot. For me, though, if those feelings show up once, they always come around somehow again. Maybe in the coffee lineup at my mom's, or wrapping a picture book to send to the Bears by bus, or everytime that line from an old Beatles song sing its way through my head.

Well Merry Christmas, you all, hope yours is large, bright, happy and safe...



**The ARTS Column**

By Ray Fox

Well, hello there, sports fans. Here I am again. It just occurred to me that in the last column I asked for your input, then I didn't give you my address. It's Ray Fox, P.O. Box 2250, Lac La Biche, Alberta, T0A 2C0.

This week I regressed to my old ways and decided to feature someone else's hard work. Actually, I just don't think it's necessary to re-invent the wheel if I can find what I want to say already written. What the hell. Here's some stuff the co-ordinator of the National Aboriginal Communications Society, Jeff Bear, pulled together. I thought you'd be interested.

**Milstones in Aboriginal Communications**

- 1960 - CBC Northern Service broadcasts its first Aboriginal language radio program via shortwave from studios in Montreal.
- 1967 - the Royal Commission on Bilingualism and Biculturalism Canada defines non-official languages as any language other than French, English, Indian and Eskimo. The CRTC follows suit.
- 1968 - Alberta Native Communications Society begins radio broadcasting in Cree and Blackfoot.
- Alberta Native Communications Society begins publications of "The Native People."
- 1970 - the Radio and Visual Education Network (RAVEN) of the Indian of British Columbia experiment with a two-way HF radio network.
- 1971 - the federal government funds the Northern Pilot Project. Several isolated Aboriginal communities experiment with their own communications systems.
- the La Ronge Community Television Project begins broadcasting in Cree. CBC provides access to its local transmitter.
- 1972 - Blackfoot radio service begins in Lethbridge and continues until this day.
- the National Film Board (NFB) begins a series of film animation workshops for Aboriginal people.
- the Government of Quebec begins a small funding program supporting the development of community radio in the province.

1973 - Native Communications Program (NCP) is established by the federal government and administered by Secretary of State for the purposes of funding Aboriginal newspapers, other media and community radio maintenance.

- CBC begins satellite-delivered television services in the far North. No provisions are made for Aboriginal programming.

- Northern Quebec Inuit Association opposes CBC's proposal to bring satellite television to communities in Arctic Quebec. Some northern Aboriginal communities join the protest.

1974 - five Aboriginal communications societies are funded under the NCP.

- CBC begins its Accelerated Coverage Plan (ACP). Under the ACP, CBC transmitters are installed in many isolated Aboriginal communities, providing opportunities for local radio access.

- the Northern Quebec Inuit Association publishes "The Northerners," an examination of Inuit communications in northern Quebec.

1975 - the NFB sponsors a conference on Native media and develops its Northern Support Policy.

- the Nunatsiakmuit Community Television Society is founded in Frobisher Bay, NWT. Technical and administrative support is provided by the NFB.

1976 - NCP is extended for three years.

1978 - three Aboriginal communications societies are involved in broadcasting experiment using the Hermes satellite.

- the federal government begins funding two Inuit television broadcasting experiment involving the Anik B satellite. Combined four-year project budgets: \$2.8 million.

1979 - NCP is extended for one year.

- the government of the Yukon and NWT supplement the CBC's ACP by installing satellite-receiving equipment in most communities with populations of less than 500.

1980 - NCP is extended for one year.

- John Amagoalik, an Inuk from Frobisher Bay, is appointed to the CRTC's Committee on the Extension of Service to Northern and Remote Communities, the "Therrien Committee."

- CRTC's "Therrien Report" paves the way for Aboriginal-controlled broadcasting services by recommending that Canada provide opportunity for its Aboriginal peoples to preserve the use of their languages and foster the development of their cultures through broadcasting and other communications.

1981 - NCP is extended for three years.

- the CRTC approves a joint licence for an Inuit-

controlled broadcasting service for the far North.

- the CRTC tells Canadian Satellite Communications Inc. (Cancom) it must carry Native-produced radio and television programming in northern regions.

1982 - the number of NCP-funded societies grows to 13.

- the report of the Federal Cultural Policy Review Committee (Applebaum-Hebert) recommends that a special place in cultural policy be reserved for peoples of Indian and Inuit ancestry.

- the Department of Communications consults with Aboriginal groups in the North regarding broadcasting policy.

1983 - the federal government introduces the Northern Broadcasting Policy and a four-year, \$40.3 million program (prior to cuts), the Northern Native Broadcast Access Program (NNBAP) designed to give Aboriginal communications societies in 13 northern regions the opportunity to produce radio and television programming in order to develop their languages and cultures.

1984 - NCP is extended for one year.

- Secretary of State issues a public discussion paper on the role of the federal government in native communications.

- CBC develops its Native Access Policy. CBC supports the Northern Broadcasting Policy and the goals and objectives of the NNBAP. CBC provides 10 native communications societies with access to its regional networks.

- WaWaTay Native Communications celebrates its 10th anniversary.

1985 - the Aboriginal Multi-Media Society of Alberta is awarded best overall newspaper, best editorial writing and best layout from the Native American Press Association.

- NCP is extended for two years: the 1985 budget is \$4.4 million.

- the CRTC's Northern Native Broadcasting Committee announces a policy framework designed to improve the quality and quantity of access by northern Native broadcasters to the Canadian broadcasting system.

- the Native Communications Society of Nova Scotia celebrates the 15th anniversary of publishing the "Micmac News."

- Native leaders meet in Ottawa to discuss Aboriginal communications, self-government and the Constitution.

- Federal Native communications programs are subjected to budget cuts and a spending freeze.

1986 - the number of NCP-funded societies reaches 14. Thirteen societies provide regional broadcasting services under the NNBAP.

- Rosemarie Kuptana, President of the Inuit Broadcasting Corp., receives the Department of Communications award for her outstanding contribution in the field of Aboriginal communications.

- independent audience surveys show that programming broadcast by the Aboriginal societies consistently attracts large segments of the Native population.

- the National Aboriginal Communications Society (NACS) is formed.

- the NNBAP is subject to budget cutbacks.

- federal training funding (CEIC) for Aboriginal communications diminishes by 50%.

- a report prepared for the Department of Communications and published by UNESCO points to Aboriginal broadcasting as a purveyor of cultural wealth and an important alternative source of information for Native audiences.

- the Caplan-Sauvageau Report on broadcasting policy recommends entrenching Aboriginal language broadcasting in legislation. It advocates major increases in federal support for Aboriginal broadcasting.

- an evaluation of the federal Aboriginal communication program (NCP and the NNBAP) attests to the effectiveness of the programs and suggests that increased support is warranted.

Well, that's it for another week. Time to pack it on up, move it on out, and get it the hell on out of here. Until next week, remember, the world likes you better when you're smilin'.

The Holiday Season is here and that means a time of sharing

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## Dropping In Rocky Woodward

Hi! MERRY CHRISTMAS AND A HAPPY NEW YEAR TO EVERYONE OUT IN INDIAN COUNTRY! This is for Helen Gladue. In remembrance of her Father Jacob Louis:

*Oh Father, time sometimes does not heal the hurt of missing you  
The moments we had when you walked Mother Earth...are now seasons that were too few  
Like fresh summer rain on the Kootenay Plains, your memory stays alive in our hearts  
And Father, our love for you will not dim, as a fire that weakens in the dark.  
When we think of you Father, we dream of the mountains, white clouds and patches of blue  
In our prayers we say on this Christmas Day, Father, we will never stop loving you.  
Ride tall proud warrior in peace in the land of the Great spirit...you are not forgotten.*

Jacob Louis passed away on December 9, 1984, at his home on the Samson Reserve. Jacob was born on November 2, 1905. His parents were Betsy and Louis Natchewaysis.

His father, Louis Natchewaysis, was a lifetime councillor of the Samson Reserve and Jacob always put in front of him, his family first, yet he was known as a politician and lifetime leader of the Samson Band.

He is remembered by his family members, Helen, Joe, Percy, Martel, Roberta, Steven, Letend, Noella, all of Winterburn.

"Sadly missed but always in our hearts."

**EDMONTON:** Wanda Berry informs me that Metis Local 2085 will be sponsoring a Christmas Buffet and Dance at Curly's Corral, located at the Yellowhead Motor in in Edmonton, December 31.

The buffet will begin at 6 p.m. with the dance to follow.

Playing for the dance will be the Percy Tuesday Band, along with North American Fiddle Champion Calvin Vollrath.

The entry fee is set at \$20 per person, which includes the buffet, dance admission, and New Year's Eve horns, etc.

For tickets — and I was informed that they are going fast — call Wanda Berry at 452-4259, Thelma at 474-6856 or Mable at 457-4883.

Only 200 tickets were made available.

**DROPPING IN:** Merry Christmas to everyone of

you who contributed towards your column over the year. Dropping In appreciates it.

Merry Christmas to Dropping In's loyal readers and have a great new year.

Merry Christmas to all the LITTLE PEOPLE everywhere!



# GIVE THE GIFT OF LAUGHTER

**P**ut a smile on someone's face with "The Best of McLain," a collection of the best editorial cartoons done by Windspeaker's own Kim McLain. It's 64 pages of humour for and about the "Indian Country" that you know and live in. With a combination of quotes from Ahenakew to Wagamese, it's eye-opening and informative and always funny. This is the stocking-stuffer you've been waiting for, so send for yours today!

*the best of mclain*

**YES!** Please send me my copy of "The Best of McLain." Enclosed is cash, cheque or money order for \$6.50 plus \$1.50 for postage and handling.

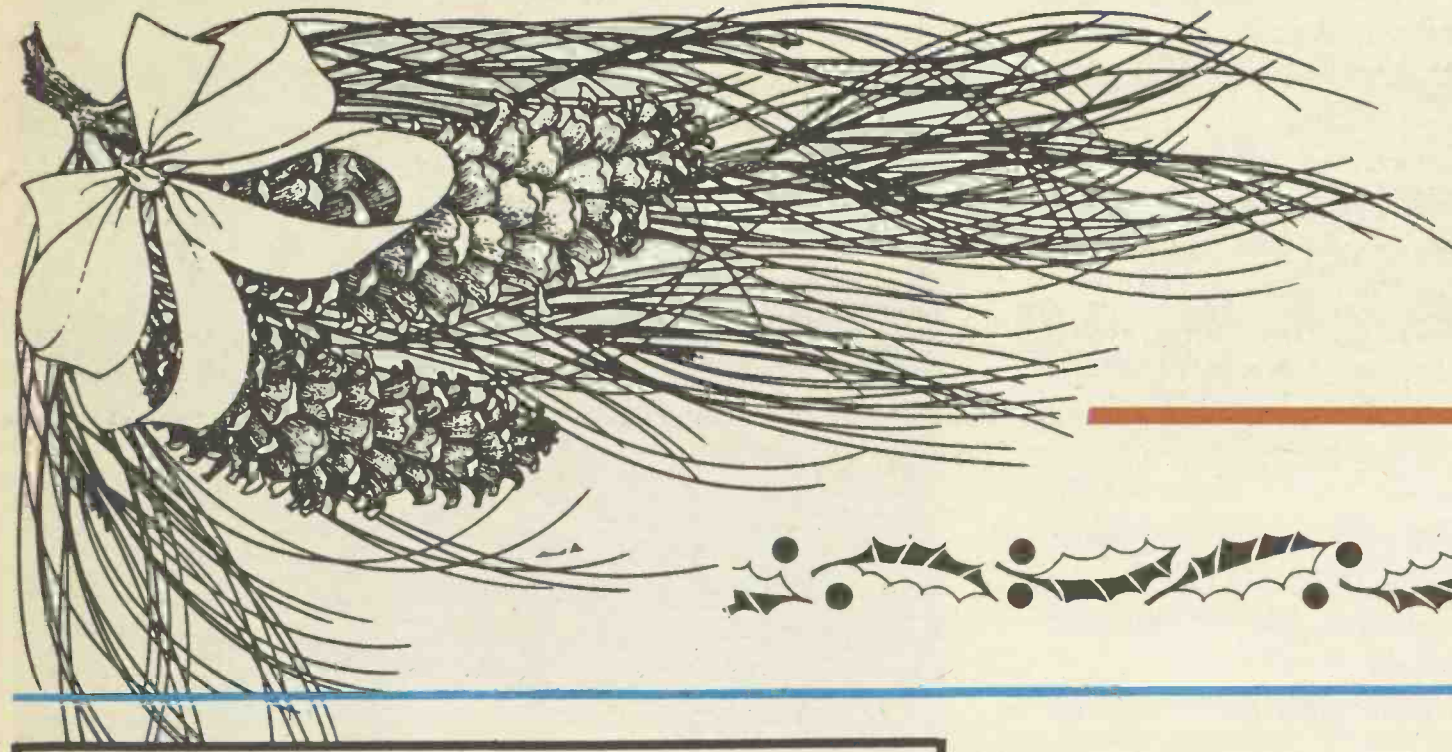
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# Season's



## Christmas message from Harry Rusk

Christmas time seems to refresh the thoughts, and goes back to the ones who hold special place in our hearts. Although we celebrate December the 25th as Christmas, every day should be Christmas!

Please let me share with you: Sad to say, Christmas has become so commercialized that few people, even Christians, scarcely realize the true import of most of the traditions surrounding this hallowed time...the greatest birthday in history...it's Jesus' Birthday! So let's keep our eyes on the One whose birth we celebrate, for all too many people observe this season for one reason only: the ringing of the cash register!

During this greatest celebration of all time, friend, you won't miss Christmas, the real meaning of it, if Jesus is at the very centre of it. You'll enjoy Him, His love and healing power, and the fullness of all He came to give you. Because Jesus came to give you abundant life. So by putting Him first place in your heart and life, the joy and peace this Christmas will be abundant in your life and those around you. Do you want to make others around you feel a good spirit of good atmosphere? Then Jesus is the One who can provide you with this good, positive spirit; You don't want to miss out on that, and you don't have to! And when you're close to Jesus, you'll find out why the wise men couldn't wait to worship Him and gave Him their gifts!

By being close to Jesus, we will prosper in the Kingdom and have a warm, positive effect on those around us. With trust and faith in Him, you can live strong and undefeated each day. It's possible...and it will happen...just tell God exactly what you need to-day!

It's my total heartbeat prayer that "the Lord Jesus will bless each of you richly and keep you, your family and those around you, from all harm in the time to come"...for He is the only answer to any question we may face, look to Him, and find good for your soul...MERRY CHRISTMAS.

In Christ's love and service,

Harry Rusk

## Parents warned to be careful in kinds of toys they choose

By Guiou Taylor

STOP.

Don't buy that toy.

At least, not until you've asked yourself some important questions. Many people think that all toys are non-serious play things. But an increasing number are criticizing the toy industry for creating, and selling, violence, competition and sexism.

Toys have been used for thousands of years, apparently to train the young in ideas and skills which will be used in adulthood. Dolls and miniature soldiers teach motherhood and family, but also build images of militarism and violence.

Caves and graves dating over 5,000 years contained jewelry and food which provided for wealth and

survival in a future world. Playing games — hide and seek, bows and arrows, and tag being examples of childhood fun with adult consequences.

Today's industrial capacity has made it possible to create toys for every taste and to manufacture copies in the millions.

Not only have contemporary toys been criticized because of their violence, but clones of business and power games have served to teach competition and winnings at an early age.

Feminists have criticized many toys which are directed towards young girls because they tend to create and reinforce traditional limited roles for women: mother, housewives, nurses and secretaries. A ready market should exist which would generate

broader career visions for girls.

Even sports have been brought into the controversial column. The ancient Grecian Olympics, and the modern games including the Winter Games to be played in Alberta 1988, have their origins in war.

Grecian and Mediterranean city-states would call a limited truce and stage competitions between various soldiers. Ancient wars were often one day battles, with thousands of warriors charging each other across open fields.

The military skills — shooting arrows, throwing spears and rocks, and running towards and away from enemies — have been carried forward to modern archery, javelin and shot put and various track events. The modern 26-

mile marathon takes its name from the Plains of Marathon, when a Greek messenger ran approximately that distance with news of a battle.

On the up side, it is clear that toys and games do actually teach attitudes, values and skills. Learning games can improve spelling, reading and mathematical skills. Social games can introduce family or group attitudes, and trivia games are good ways to transfer information.

The burden of responsibility ultimately rests with parents to choose the kind of world they want to create for their children. Parents, and uncles, aunts, cousins and friends must look closely at the impact of gifts they choose to give to impressionable children.

## Books a 'gift of knowledge' idea as a Christmas present

By Guiou Taylor

There probably is not better gift to give an appreciated friend than new ideas and knowledge. A lot of this can come through giving a book.

There are big expensive books with color photographs, and there are simple books that will make you wise and happy.

If you are interested in starting basic Native Studies library in your own home, it can start small and your own choices will expand it for you.

To begin any study program or basic library let me suggest you start with:

1. *A good dictionary* - every writer and good reader I know, has several dictionaries and they are well used. A Merriam-Webster in either hard or paperback will serve for years.

2. *An Annual Almanac* - (not the farmers Almanac) There are several. I use the World Almanac, but you can choose. This valuable book will tell you almost

every fact you might want to know: the population of every major city and every country; how many Indians in Canada? in South America? how many people live in Sante Fe, New Mexico. You can learn the history of the world, and of Canada in quick form. And there are maps, charts and tables to keep your interest.

3. *Some good maps* - I'd suggest a large wall size World Map; a wall map of Canada or North America, and an Alberta map (or whatever your province). Old National Geographic magazines can often be found for \$1.00 at used book/magazine stores. And learn how to read directions, scales and elevations.

To start your actual library, let me suggest a very few basic books, but use your own imagination.

1. *Bury My Heart at Wounded Knee* - a 1970 book by Dee Brown (Washington Square/\$4.95)

— is a basic book covering the Plains Wars to 1900. It gives an Indian perspective, and sets a good tone for further reading.

2. *Black Elk Speaks* - 1932, written by John Neihardt — Black Elk was a Sioux medicine man, a youth at Little Big Horn and has shared a detailed memory of "the old days."

To get a feel for what Indians have had to say in literature and poetry — not war and history:

3. *Touch the Earth*, by T.C. McLuhan, or *First People*, *First Voices*. Both of these are collections of speeches, poetry or thoughts by famous leaders and "average" Indians.

4. *Myth of The Savage* - 1984 by Olive Dickason, U of A Press. A heavy book for some to read, but contains a wealth of information on Canadian Indian history.

And, your basic library should also select something on:

*Louis Riel and The Metis Movement* - there are many new and old titles which are good.

*Indian Leaders* - several recent books are published about Chief Crowfoot, Chief Poundmaker, Indian Senator James Gladstone (in the Canadian senate), John Tootosis, and others. These are usually local, and biographies cover a wide range from East to West.

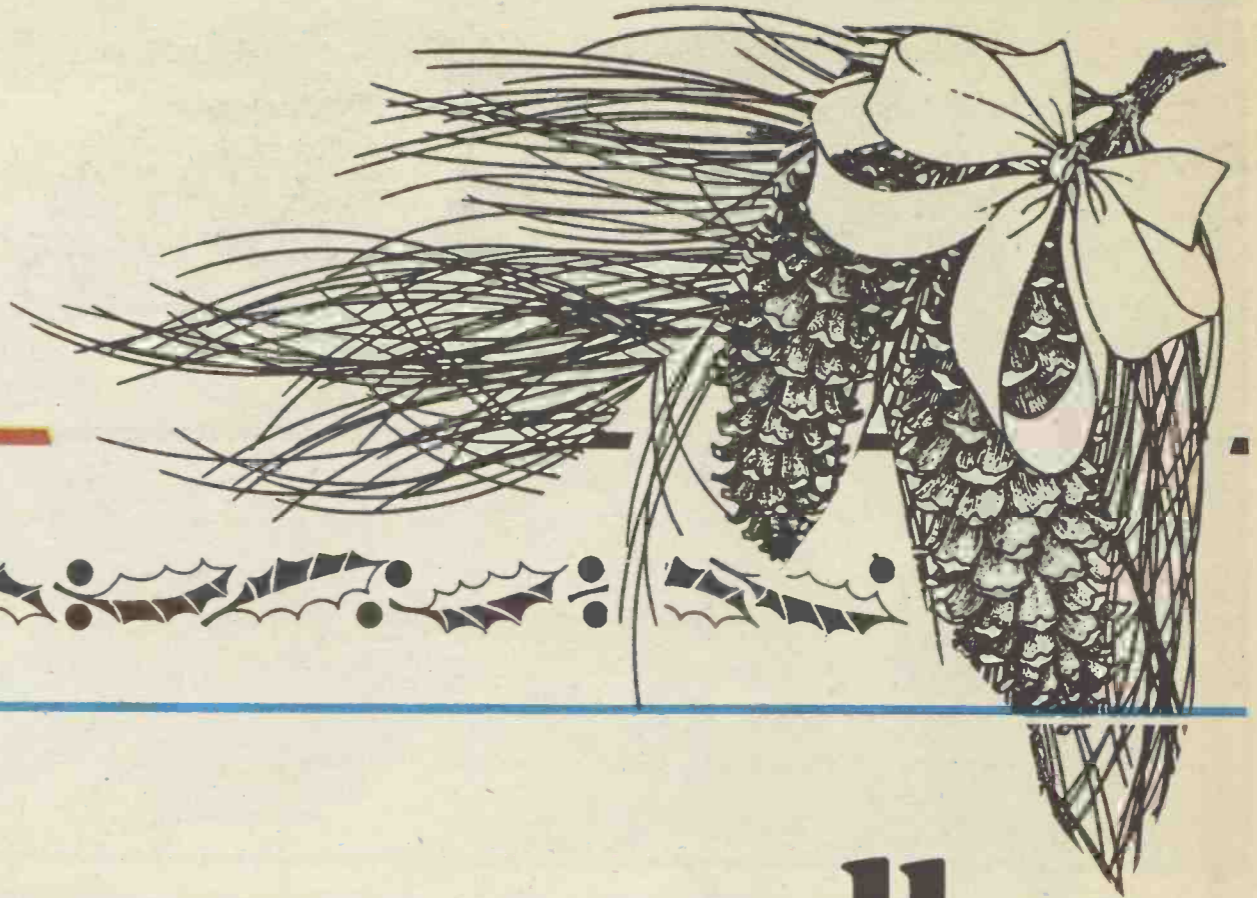
There are books on: Urban Indians, individual tribes and bands; Native issues on health, education, land claims, arts and cultures, movements and organizations.

A basic library doesn't need to start with 100 or even 12 books. Buy a book and enjoy it, then add another book or two.

Better still, find a friend or two and share the reading and excitement together.

Ideas and information are exciting ways to share a family evening.

# Greetings



## How to make your own candles

By John Copley

The yuletide season usually inspires us to go out and buy a big bunch of candles to help the Christmas decor. Candles these days, the Christmas types, run anywhere from \$3 to \$30, depending on how much color and design you want.

Save some money and have some fun! Make your own candles — often with materials you may already have laying around the house.

Here's two money-making ideas. First we'll explain how to turn a plain white inexpensive candle (or other color if you like) into a Christmas eye-catcher and conversation piece. Secondly, you'll learn how to make your own candle, one which you can re-use for many other occasions throughout the year.

### Candle-Coloring

All you need here are a few of the 6 to 10-inch inexpensive white/colored candles and some broken crayons from the kids room. Dig out as many as you can, because after an hour of fun you'll be a full-fledged "candle-colorer," with lots of different color ideas to spread throughout the house this season. The more crayons you have the better color selection you will have, and the better your finished project will look.

### CAUTION:

**Since candle-coloring requires the use of fire we recommend adult supervision when children are making this project.**

A flat surface such as the kitchen table will be needed. Make sure you cover the table with old newspapers.

Light a spare candle or fondue-type burner to warm crayon over.

Once you've removed the paper covering from the crayon, move it gently over the flame you have prepared.

As the crayon melts, dab it against your white/colored project candle (FIG. I and II). Repeat this process until you have lots of dots

and lines all over your candle.

By now you'll be saying, "Wow, is this ugly!" But it's time for Step 2.

In this step, use a different color and do it all over again. Move the crayon from heat to candle, all the while making splotches everywhere. Keep repeating this procedure until you attain the appearance you want. You can use 3, 4 or even 5 different colors, but regardless of how many you use, be sure to cover most of the candle with colored dots.

Your white candle is now unrecognizable, and much more ugly than before.

In the final step, we transform that ugly candle into a personal masterpiece. NOTE: If you use a candle flame for heating at this stage of your project you will note an ash or charcoal haze over your finished product. Though this can be appealing, a Bic-type lighter or low flame propane burner will generally give a better overall finished appearance.

Move the candle over your heat source and rotate it regularly so that the heat is being distributed evenly across the candle. You'll see the colors starting to melt and blend in with one another. Different visual effects will begin to take place over the candle. Keep rotating until you have achieved a design you like.

Once your masterpiece has cooled down, buff it to a shine with a soft flannel cloth.

For good family project, you can have each family member try a different color combination for their candle.

### Candle Making

REMEMBER: when making candles, exercise caution around hot stove and wax.

The directions for making this unique all-purpose candle are based on using a straight white paraffin wax. Should you wish to add color to yours, use a candle-making dye (available in solid and liquid form) which you'll find at most hobby and craft stores. Follow package directions.

For this candle, you'll

need a 2-litre milk carton (with top cut off it gives you an 8 inch by 3 3/4 inch mold), a couple of trays of ice cubes, a cheap 8-inch tapered white candle and some paraffin wax. (This you can also find at your hobby and craft store). An aluminum cooking pot is best for melting wax and it cleans easily with hot water and soap. A candy thermometer is a handy tool, but if you don't have one just be sure to remove the hot wax from the stove once the wax has melted. Don't let it overheat.

Paraffin is usually sold in 5 or 10-pound blocks, but

smaller chunks are available, depending on the amount of candles you intend to make.

When you purchase paraffin be sure to ask for the "medium grade." This grade melts at approximately 145 degrees Fahrenheit (68 C) and is safe for a milk carton mold.

### Directions

Put about a cup of wax into a pot and set on a medium stove. When the wax has melted, pour it into your milk carton and let sit until it begins to harden.

At this point set your tapered candle into the centre of the mold and

stand it straight. By pressing the hardening wax against the inserted candle you will help to put candle firmly into the mold (FIG. III).

With the remainder of your hot wax (about 4 pounds per candle) on the burner, you can now dump the ice cubes into the mold. Be careful not to knock over your tapered candle.

Pour hot wax over the ice.

Allow the candle to sit for about 8 hours, then carefully drain the water out into a sink.

Intricate lace-type patterns will guarantee

your delight when you remove the cardboard.

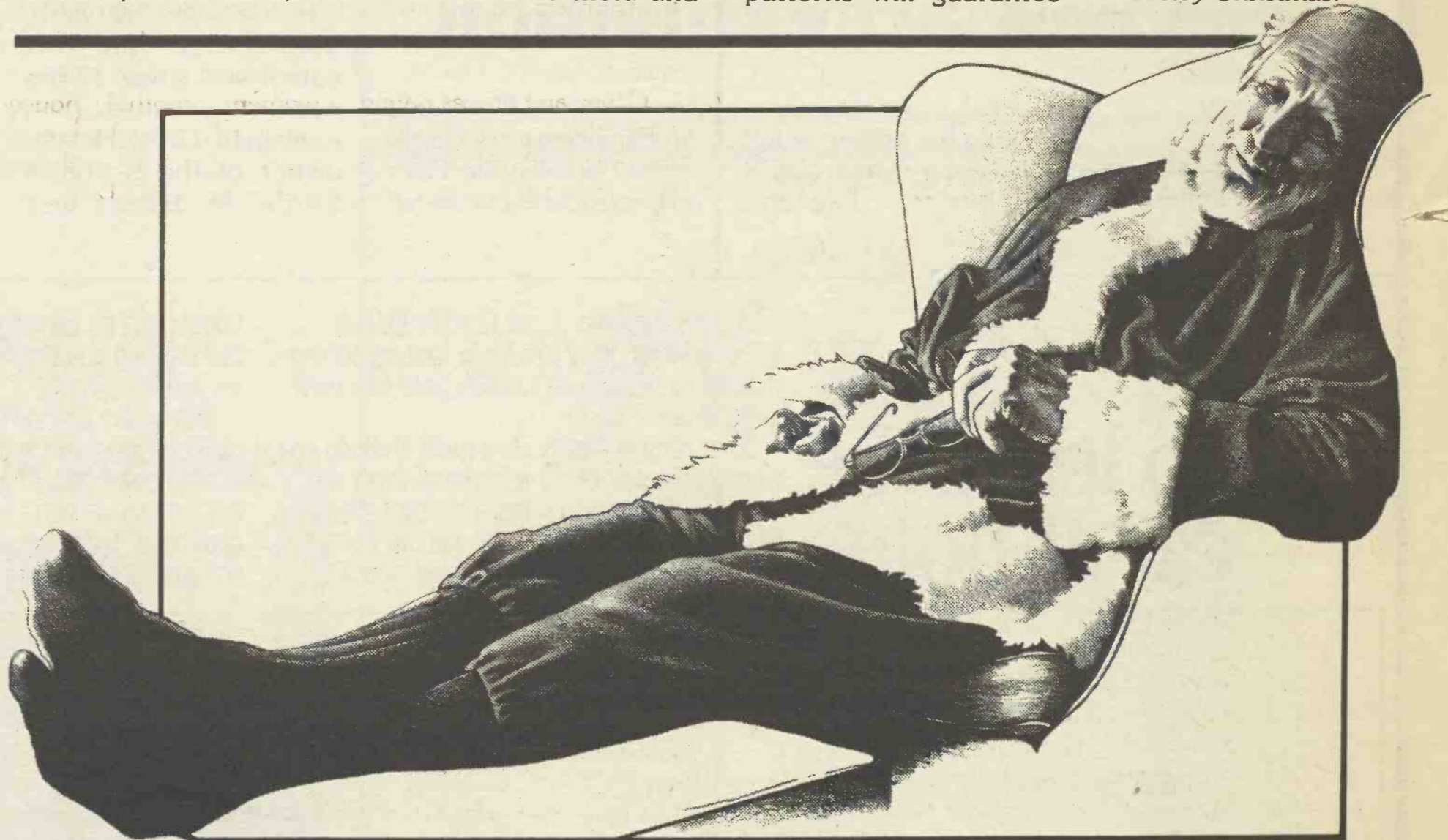
Stuff the "Swiss cheese" effect with holly, mistletoe, candy canes, etc.

Change the look of your candle at birthday's and other occasions by removing the Christmas trimmings and re-decorating with other suitable items.

The patterns you turn out with this project are always different. Experiment by using various amounts of ice for an even larger range of looks.

Hope you find these projects fun and entertaining to do. We did.

Merry Christmas!



## Memories of Moosum

By Mark McCallum

I thought long and hard about Christmas—what it means and why we do it every year. I remembered a time when sliding down a frozen hill under a dark sky, with only the moonlight to guide me, was my season of joy. It's a personal time of the year and means many different things to people.

For some, the Christmas season is a time for giving and receiving, for seeing old friends, and for sipping on tea as you remember times gone by.

I watched my grandfather sip tea when I was a boy. He was and still is a quiet man who pretty much keeps to himself. I never really talked to him because we don't speak the same language—a misfortune of geography and society. But I watched him tell his stories. Although I never understood a single word, his hands would move through the air and his voice, filled with emotion, would unfold the stories and I understood.

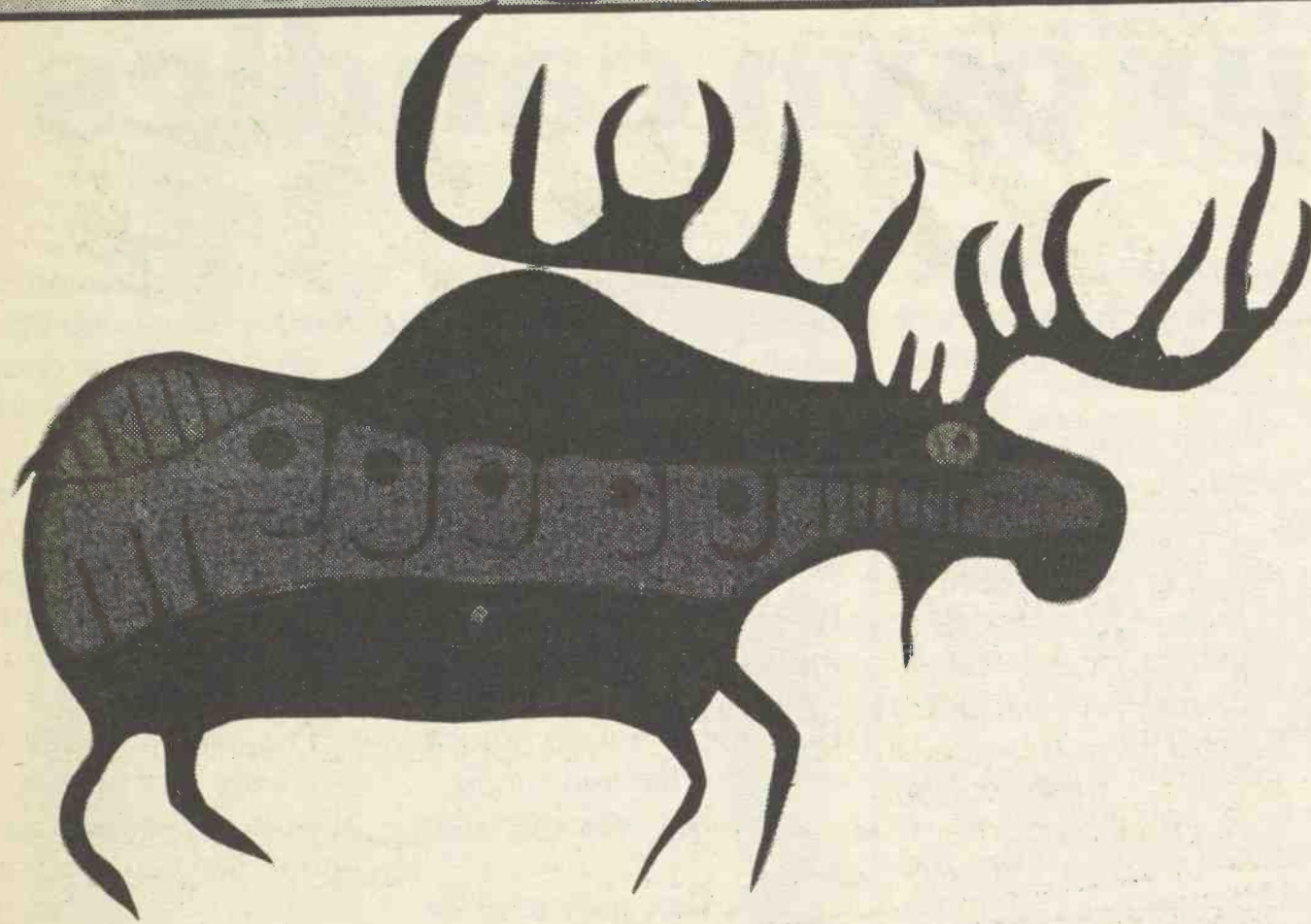
The last time I visited my grandfather, I studied his unshaved face and well

preserved features for a time as he told his tales to others in the room. I listened to him slurp his tea and speak a language my ears were accustomed to but did not understand. He was happy and this was good. His smile told me all about his great years as a hunter and trapper.

My eyes shifted from one part of the elderly man's cabin to another. I carefully examined each article in his home and saw his past come to life. His rifles were proudly placed high on the wall for everyone to see. In

one corner of his home one of those wind-up phonographs and a variety of traps blended into the background. In the middle of the room stood an old wooden stove, and I wondered how many lives this home had warmed.

My eyes moved back in his direction as he lifted a cup of tea to his face. My grandfather's face was illuminated by the kerosene lamp near him, and I caught a twinkle in his eyes that told me he was still waiting for many more tomorrows to come.



## 'Grand master' Morrisseau opens new art exhibition

By Terry Lusty

The grand master of contemporary Indian art,

Norval Morrisseau, is making his presence felt once again in the city of Edmonton. The 2nd

Annual Norval Morrisseau Art Exhibition was officially opened at Manulife Place on December 9 and offered

a slightly different flavor than his exhibit of one year ago.

There is a noticeable shift in much of Morrisseau's more recent works in which he seems to employ softer tones that have a more subdued effect as opposed to his bright, vibrant colors as has been customary of his past works.

Morrisseau left Alberta for almost half a year last January and returned to take up residency once more in July. His current plans are to remain in this province for at least another three years. After that, it's anybody's guess. He may remain in Alberta or he may move on elsewhere.

Unfortunately, Morrisseau's exhibition of paintings only managed to attract a maximum of 50 people because it had originally been scheduled and advertised to be held at the West Edmonton Mall. The actual location had to be changed because a contract could not be fulfilled on schedule by the mall which, apparently, had not completed some of the necessary renovations, explained Galal Helmy, owner of the E and A Studio in Jasper and

sponsor for the Morrisseau exhibit.

Brochures publicizing the display had been mailed out informing the public that it would be at the mall but, because it couldn't meet the needs of the art display, the venue was changed to the Manulife Building. This was most unfortunate for, as it turned out and according to this writer's sources, quite a number of people did show up at the mall only to discover that Morrisseau and his art were not there.

The opening did, however, attract some high profile people such as Native fashion designer Tim Sikyea and Canadian-born actor John Vernon, who had made a special trip to the city "to show his support for Norval's artwork."

Vernon, in an address to the viewing public, mentioned that "this is all part and parcel of a family who are interested in Native art." He talked about Alberta having its share of prominent Native artists in the persons of Alex Janvier, Jane Ash Poitras and Morrisseau. "My heart is with you and I'm sure I'll be back," he told Morrisseau as he made reference to his frequent trips to Canada

and Alberta lately, but "I haven't bought a condominium here," he joked.

Vernon also had kind words for Edmonton Journal writer Phyllis Matousek and for Agnes and John Bugera, whom he credits for providing him with the names of many important contacts as he prepares for an up-and-coming Canadian Native art show in Los Angeles in February.

As one of his last official duties prior to retirement on December 12, deputy-minister of the environment Walter Solodzuk officially opened the exhibition. He spoke on behalf of the minister, Ken Kowalski, and stressed what an "honor and privilege" it was for him "to view the creations of one of Alberta's foremost artists."

Morrisseau extended his usual words of wit and wisdom to the audience which was impressed with his good sense of humor and his concern for the environment which is often the subject of his paintings. "I believe anyone can adapt to the environment like Gauguin did," said the artist. He, and others, were very creative individuals, Morrisseau added.

Also in attendance was Les Graff, director for the Visual Arts department of Alberta Culture.

In concluding the opening ceremonies, Dave Ward, who had served as the master of ceremonies, told the crowd, "if you think just a little about harmony and nature, I'll be happy."

The exhibition of Morrisseau's paintings will be displayed and available for purchase until December 23 on the second floor at Manulife Place, 10180-101 Street in Edmonton. Both the Bearclaw Gallery of Edmonton and the E and A Studio in Jasper handle his art on a continuing basis.

## It's O.K. to leave the car at home

Deciding whether or not to leave the car at home when going to a party isn't something most of us do, after all nobody goes to a party to get drunk.

But a party is a party. And most of us do use alcohol as a part of our socializing. Don't we owe it to ourselves and those we care about to leave the car at home? We can call a cab. Or arrange a ride with a friend who we

know won't be drinking. All of us realize that drinking and driving is a mix we can do without.

Times have changed. Now we know that we can have more fun at the party when we're not worried about how to get home. We've also learned that we don't have to drink to have a good time. Today we can choose something non-alcoholic without being anti-social.



Here's to the true Holiday Spirit



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## Native Students hold Christmas gathering

By Terry Lusty

Once again it is that time of year when different Native groups and organizations begin hosting their annual Christmas get-togethers. Such was the case last Thursday when approximately 75 people stopped in at the Heritage Lounge of Athabasca Hall as guests of Native Student Services at the University of Alberta.

For university students, it was the end of term and time for a little breather as they begin to prepare for final papers and exams. Following that they'll enjoy a three week Christmas/New Years break before going on to the winter term.

Last week's social was marked by the appearance of representatives from various Native organizations, the provincial government, faculty members on the university staff, former students and graduates and staff from the School of Native Studies.



**BILL ERASMUS**  
...missed gift

A few special visitors were in from the Northwest Territories; one from Yellowknife and two from the Frobisher Bay School Board who happened to be in Edmonton on business and who made contact with prospective Native graduates interested in possibly teaching school in the Frobisher area.

It was evident that the guests enjoyed the get-together as they mingled with one another amid a good deal of chatter and laughter. Unfortunately, two particular individuals were missed by the gathering for reasons beyond their control.

Bill and Reanna Erasmus were expected and had promised to attend but, on short notice, Bill had been called away to Yellowknife on business as he prepares to undertake a new position as one of the regional land claims negotiators for the Dene/Metis Negotiations Secretariat of the NWT.

The Native club had hoped to recognize Bill's departure by formally presenting him with a parting gift. His involvement on the Native scene will be missed as will those of his wife, Reanna, who was an original staff member of the Native Student Services back when it was called the Office of the Advisor on Native Affairs.

*Thanks  
Thanks  
Thanks*

We wish to extend our sincere thanks to CNFC, AMMSA and Local 1885 for their contribution to the fund. A special thanks goes to Rocky Woodward and Lyle Donald for organizing and being the MC's throughout the entire evening — excellent job!

Thanks to all those who helped prepare the delicious moose stew and bannock and for all who attended and contributed.

We can't thank Doug Havens and the Steel Riders enough, they not only hosted the jamboree but travelled 200 miles just to be there, terrific bunch of guys — terrific sound!

Next but by no means least all the musicians that attended, you all have put in so much effort and support, past and present. It was an exceptionally good evening and enjoyed by all.

**Dan Charles Extensive  
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10:30 p.m. Saturday and  
every Saturday after  
on CBC-TV.

**BEYOND  
THE BEND  
OF THE RIVER**

**JANUARY 3**  
10:00 p.m. Saturday on  
CBC-TV, a documentary  
about Harry Rusk.

**INVIEW:  
METIS &  
THEIR MUSIC**

**DECEMBER 28**  
6:00 p.m. Sunday on  
CFRN, featuring  
Native musicians.

The CBC shows were  
co-produced between AMMSA and  
the CBC. The CFRN half hour show was  
done through the co-operation of AMMSA.

*Holiday  
Greetings!*

Canadian Native Friendship Centre  
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Edmonton, Alberta T5K 1X3  
482-6051/6052/7632



## Seventh annual Christmas rodeo again scheduled for Hobbema

By George Poitras

The world's only Christmas rodeo will be held at the Panee Memorial Agriplex in Hobbema December 26 to 28.

The 7th annual event is expected to turn out as many as 3,000 participants in the four performances slated for the three days of competitions.

The world's only cowboy/girl Christmas rodeo past events have proven to be "extremely excellent," according to Warren Kyle of the Panee Memorial Agriplex.

The following events will be featured: saddle bronc, bareback, bullriding, steer wrestling, calf roping, ladies' barrels novice bareback and boys steer riding.

Prize money totalling approximately \$35,000 and buckles for each category will be given to winners.

The rodeo is hosted by the Ermineskin Stampede Association and stock contractors will be Stan Weatherly of Big Country Rodeo; Wilf Girletz of Girletz Rodeo Stock; Winston Bruce of the Calgary Stampede Ranch; and Reg Kesler of Reg Kesler Rodeo.

Entertaining as clown for the rodeo will be Ernie Marshall and Bill Kehler of Calgary will be announcer for the three-day performances.

Tickets for the performances can be obtained at the following locations: Panee Memorial Agriplex (585-3770) in Hobbema; Daines Western Wear

## Sports

(352-5211) in Wetaskiwin; Ponoka Western Wear (783-3831) in Ponoka; Tall Horse Saddlery & Western (471-1468) in Edmonton; or Daines Western Shops (352-0086) in Red Deer.

Advance tickets for adults are \$6, seniors \$3 and children \$3. Tickets obtained at the door will cost for adults \$7, seniors and children \$4 each.

Performances for Friday, December 26 will begin at 5 p.m., Saturday there will be two performances, one beginning at 1:30 p.m., the second performance for the day will begin at 7 p.m., and Sunday's performance will be at 2 p.m.

Each performance will begin with the Grand Entry which is expected to be very traditional, educational and historical as is the Calgary Stempede, "but even better," said Norman Yellowbird of the Agriplex. The Grand Entry will include participants from all tribes existing in the province.

Each day will see door prizes being given to lucky winners. Prizes will consist of record albums to the lucky holder of tickets at the door. The final day will be the major door prize of a ticket for two to Reno, Nevada. The trip is sponsored by Ponoka Travel, Carousel Toys, Michie's Flower Shop, a donation by Robert Patterson, owner and proprietor of all services.

Airfare and accommodations are included in the trip.

A dance on Friday, December 26 at the Panee Memorial Banquet Room will have country music at its best provided by H. Express Recorded Music from Edmonton. The dance will include excellent country music, hi-fi stereo and video with a giant 6 1/2 screen and a computerized light show. Cost for the dance will be \$5 and it will last from 9 a.m. to 1 a.m.

Saturday's dance will have music provided by the very talented and highly popular country entertainer, Brian Fustukian, and the Battle River Band from Edmonton. The dance will be held at the Panee Memorial Agriplex Cabaret and will cost \$10 for singles or \$15 for couples. The dance will last from 10 p.m. to 2 a.m.

"Everyone is welcome to come out and enjoy the festivities for the whole family," said Kyle, who expects much fun in the three days performances at the Panee Memorial Agriplex.

For more information, contact Warren Kyle, promotions and advertising, at the Panee Memorial Agriplex, P.O. Box 720, Hobbema, T0C 1N0 or call (403) 585-3770.

Let's join in and not miss one of Canada's finest events of the year.

## 'Umpiring a good job,' as John Whitford knows

By Mark McCallum

Author of the book "The Umpire Strikes Back," American league umpire Ron Luciano, held an umpiring clinic in Vancouver about a year ago that Lac La Biche-born umpire John Whitford attended.

"It was really an informative clinic. You've probably heard of Mr. Luciano before. He's the guy on the Gulf commercial who goes you're out, out, out..." noted Whitford with a smile.

"He (Luciano) told me never, ever, ever say you're out, out, out like he did in the commercial. If the player's out, just tell him and sell your call...influence it, and never turn your back to the plate. I guess that's why now-a-days I never get an argument from players sliding into home plate..."

Whitford says he became interested in umpiring three years ago because veteran umpire Sid Richards, also of Lac La Biche, asked him to do bases once, and since that time he has been umpiring fastball games around Alberta and the

Vancouver Quadra.

Whitford, 21, says "I like being near the game and having a front row seat when I'm doing the plate and bases." He adds that "it's a good paying part-time summer job. If you can get one whole season in it's worth as much as—not including weekend tournaments—\$1,500 per season and about \$300 extra if you work weekends."

The Level 3 umpire says he has just become involved in refereeing for the Commodore (junior) Hockey league in Vancouver and has officiated high school football in Edmonton. "I do officiate volleyball where I do get \$5 for three games." Whitford chuckled, but became half serious again saying, "but if you do get into a really good volleyball tournament, you can earn anywhere up to \$300."

"John," I asked, "how do you feel about Native officials in sports, you know, baseball?"

"As far as I'm concerned I don't think there's enough of them," he answered. "Take, for instance, the

North American Native Fastball Championship. I was up there in Oklahoma in 1986 for the championships there and all I ever saw was white umpires...only one (out of 12) umpires that were there really did a good job. There are a lot of good Native umpires out there and any one of them could have done better.

"I would highly suggest that if there are any Native people interested in this field, there is good money in it. It's a good part-time job and there's always such a far cry for umpires."

"Big John" Fletcher, a member of the National Indian Athletic Association which is sanctioning the Calgary championships, says the NIAA encourages Native participation at the officiating level, especially for Native sports.

The Alberta Amateur Softball Association can help you get in touch with the umpiring director in your area of the province. So if you're interested in umpiring and like cleaning sand out of your trousers after a vocal game, phone them at 461-7735.



## Season's Greetings

*The International Year of Peace is almost at a close. As we pause to reflect, it is our hope that we continue to work for world peace and harmony.*

*In Canada, we share a special sense of family and community, particularly at this time of year.*

*To all - a wish for happiness and prosperity in the coming year.*

The Hon.  
David Crombie

Secretary of State  
and Minister Responsible for Multiculturalism.



# SPORTS ROUNDUP

By Mark McCallum

Everyone keeps saying, "what's wrong with the Edmonton Oilers...is this a continuation from last year's nightmare in the playoffs...will we ever see another Stanley Cup in Edmonton?"

Nothing, no and yes, Virginia,...there is a Stanley Cup with Edmonton's name on it.

There's trade talk circulating the fair city of Edmonton that involves the team's superstars. You

can erase Wayne Gretzky's name from the list of possibles. Without him there is no franchise. Conn Smythe winner Mark Messier has been a pillar of strength in the playoffs with his hard-nosed, aggressive style of hockey. He won't be gone either. Paul Coffey shows too much talent to be traded. Although his mind wanders during the long 80-game schedule, he has been Gretzky brilliant in the playoffs at times and carried the team past L.A. and Winnipeg in the 1984-85 playoffs, if you'll recall. Grant Fuhr has been Edmonton general manager and coach Glen Sather's only choice in the playoffs since the goalie joined the team in '82, about the same time the Oilers started finishing in the top two over-all. His cohort, Andy Moog, can be eliminated as trading material. Because without Moog, Sather would have no safety net if Fuhr ever got injured. That leaves disturber Glen Anderson and two-way player Jari Kurri on the trading block. If it had to come down to a trade, it would probably involve Kurri, only because he makes more money than Anderson, something Sather can still probably vividly recall from last season's contract hold-out by the Finnish right winger.

But, wait a minute. Sather's not going to trade one of the magnificent seven, who are largely responsible for the two Stanley Cup banners hanging from the rafters at Northlands Coliseum, because they're in a little slump. The last time I looked, the team was still in second place over-all. Why, even as I write there's a new rumor floating around bus stops, newstands and restaurants in Edmonton. The slum is over. It's tough keeping up with a hen's version of conversation. Another few words of gossip says Dave Semenko is

going to the Hartford Whalers for a third round draft choice. What, he did...for a third round draft choice? Well, you didn't expect Sather to trade one of his big guns, did you?

**SLAVE LAKE** — The Slave Lake Native Friendship Centre boxing club had four winners at the Alberta Silver Gloves Championships, held at Lethbridge recently. Ricky Twinn, David Fleming, Lorn Nobert and Lee Tanghe were the silver glove winners. Alex Courtorille, the recreation coordinator, says Lee Tanghe was chosen as the "Silver Boy" for the best all-round boxer at the championships. If you're interested in up-coming boxing cards or other recreational events, contact Alex at 849-3039 for more information.

**KEHEWIN** — On December 26 and 27 at the Bonnyville Agriplex, a Kehewin recreation talent show will start at 1 p.m. There will be "no charge" to the participants or audience. For more details, call Herman John at 826-3333.

**CADOTTE LAKE** — Jocelyn Kroetsch, who teaches at Cadotte Lake school, says they will be holding their "big annual" six-team elementary and junior high floor hockey tournament at the school, on February 27 and 28. It will cost \$10 a team to enter the tournament, which will present plaques and awards to winning teams and the most sportsman-like players of the tournament. She said the last two tournaments were very successful, and she expects no different from this one. You can contact Jocelyn at 629-3732 for more tournament information.

Until next week, that's all.

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Phone: (403) 624-2060

# COMMUNITY

## Lee Crowchild has made major commitment to triathlon

By Lesley Crossingham

**SARCEE RESERVE** — Swimming 24 miles in the choppy ocean, running 25 miles, then, without stopping, cycling 112 miles in 30°C heat certainly isn't most people's idea of a dream vacation, but for Sarcee band member Lee Crowchild it was a vacation he had saved and prepared for two years.

Crowchild, a recreation administrator with the Sarcee Seven Chiefs Arena, has dedicated his life to sports, and in particular the difficult and demanding sport of the triathlon.

The triathlon has become increasingly popular during the past few years as sportsmen try to push themselves to the limits of human endurance, explained Crowchild in an interview.

The triathlon was in fact invented about 10 years ago by a former U.S. Navy commander while he was living in Hawaii. Since then, the world famous Iron Man triathlon has taken place every year, but this year prize money was awarded for the first time.

The race consists of a 24-mile swim, then without pausing the competitors

change into their running shoes and shorts and take off on a 26-mile run. After the run they again change shoes and without a break, get onto their bicycles and race back to the finish line, 112 miles away.

Crowchild took part in the Iron Man triathlon this year for the second time, and although he didn't win, he did cut down his time from his previous best time.

"This time it only took 14 hours, 30 minutes and 56 seconds, 45 minutes better than I managed in 1984," he laughs, adding that he takes part in this gruelling race to push himself and to find his personal limits. "But I don't think I've found my personal limit yet," he smiles.

Crowchild arrived in Hawaii September 11, 10 days before the race began, in order to get used to the heat and humidity. However, once the race began he soon became weak through dehydration.

"I was really annoyed with myself," he says. "I thought I was okay so I missed a water-station, then suddenly I started to feel weak because of lack of water."

Because of his dehydra-

### SARCEE

tion, Crowchild was forced to rest for a while and lost valuable time. However, he did complete the race and was awarded a special T-shirt which he wears proudly.

"Hundreds of people enter the race, but only a few actually finish it," he adds.

Crowchild points out that most people who drop out of the race have not trained properly.

"Training is a 24 hour a day, seven days a week activity. You can't go out and party, or eat whatever you like," he says. "You have to dedicate a large part of your life to your sport."

Crowchild trains five hours a day. He cycles for two hours early each morning, runs for an hour at lunch and then runs again for two more hours each evening.

"I have to stick to a diet that is low in red meat, fats and bannock," he says, adding that because these foods are the traditional Indian foods, he finds it very difficult at times to refuse

without the help and support of Aroha," says them.

Crowchild is a graduate in physical education from Washington State University where he first became interested in sports. During those years he participated in rowing teams and was very successful, beating well-known rowing teams such as Stanford University and UCLA.

After leaving university he became interested in personal sports rather than team sports and began training for marathons and biathlons. During this time he also spent many weeks travelling the world. It was on one of these trips that he met his wife, Aroha.

Aroha is a Maori, a Native person from New Zealand. She met Crowchild while he was visiting her country. After he returned to Canada they exchanged letters and before they knew it, she had flown over to Canada and they were married. Now they have three children and live on the reserve.

"I have to add that I couldn't have done all these races and all the training

the sports activities and the would-be athletes on the Sarcee reserve.

"I am hoping to get other band members interested in training for triathlons and other sports," he says. "But they have to remember to forget how to party and to forget friendships until after they have trained."

schedule and she sees I get the special meals I need." Crowchild hopes to enter next year's Iron Man race, but admits that right now he is concentrating on

### HIGH PRAIRIE

## Plan for crafts

By Albert Burger

**HIGH PRAIRIE** — High Prairie Native Friendship Centre (HPNFC) is proposing to establish a commercially viable Native crafts centre.

The objective of a HPNFC proposal to the Canadian Job Strategy Program is to create local employment and enhance the marketable skills of six production workers.

Friendship Centre Director Ellis O'Brien says there is "proven wholesale and retail demand" for "efficient, reliable production."

The goal is to see the production centre capture two per cent of the \$5 million annual Alberta market in Native crafts.

O'Brien says the production centre also hopes to "negotiate a contract to supply Native products to Olympic outlets," but only "pending settlement of Lubicon Lake Olympic boycott."

If federal funding of some \$140,000 is provided toward the total cost over one year of nearly \$180,000, the Native craft production centre expects to produce a minimum of \$50,000 worth of merchandise.

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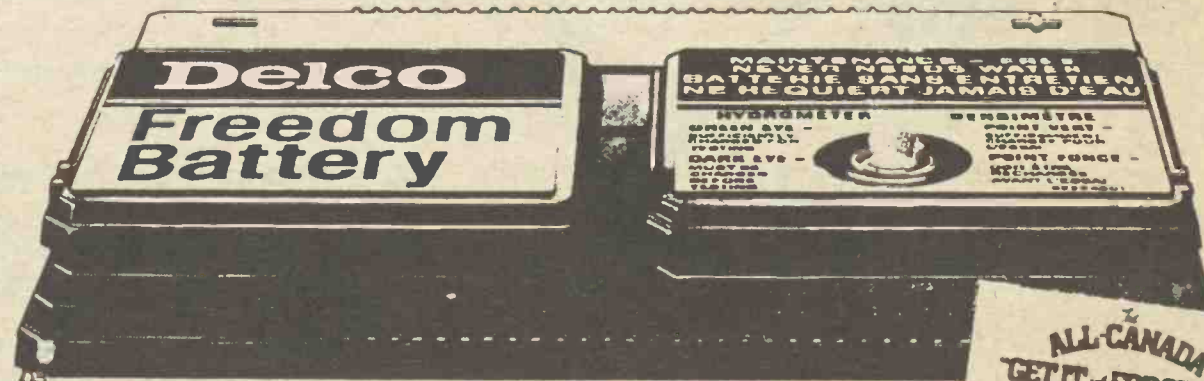
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# COMMUNITY

## HIGH PRAIRIE

### Elders get to visit at banquet

By Albert Burger

HIGH PRAIRIE — Native Elders and pioneer settlers got together to visit and talk of the past at the fourth annual High Prairie Native Friendship Centre's (HPNFC) Elders Banquet, December 6.

High Prairie Mayor Don Lorencz told the nearly 200 banqueters that they're "not recognized and thanked enough. Without you, we wouldn't be here," Lorencz said.

HPNFC director and United Church minister, Rev. Bob Settle, noted the centre's role as a cultural bridge between "the people who were here in this land and the people who came to this land."

People like Clem Calliou, age 76, who said he was happy to have been invited. His wife, Elizabeth, age 74, said they have lived at Sucker Creek all their lives.

Friendship centre Executive Director Ellis O'Brien said tickets for the banquet "went like hot-cakes." He credited an Elders committee with much of the success.

Lee Willier of Sucker Creek headed the committee that also included friendship centre lifetime board member Rosemary Willier, Anna Bellerose, and Gwen Cuthbert. Lee Willier said the committee made most of the arrangements, including hiring the



LEE WILLIER  
...headed committee

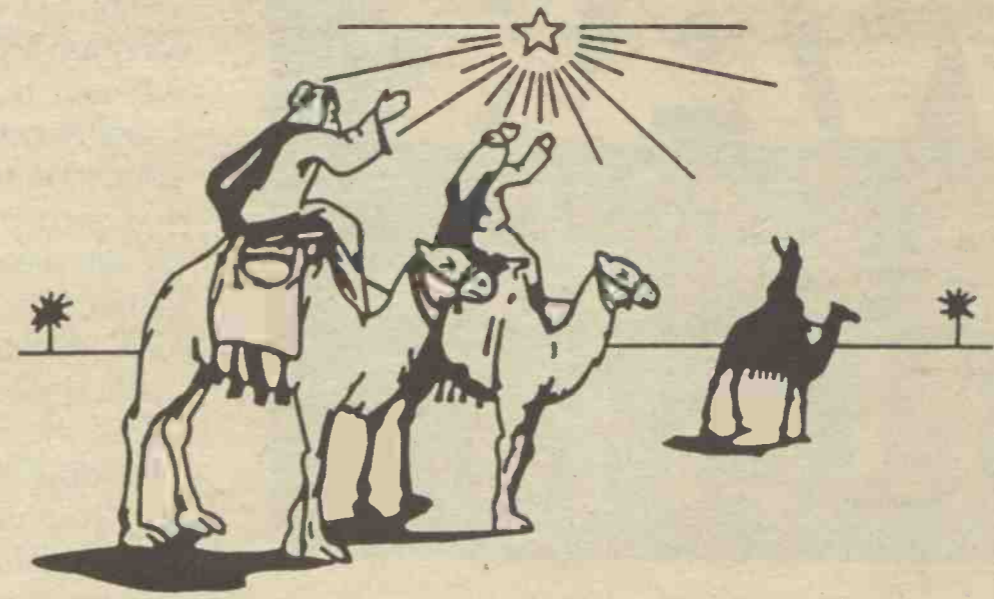
caterers and deciding on the entertainment.

Gilbert Anderson's Fort Edmonton Fur Traders provided oldtime music that had the Elders on the dance floor for most of the evening. Anderson recently played Expo in Vancouver and has appeared on the Tommy Hunter show.

Wilfred Willier, who with his wife Rosemary are HPNFC's only lifetime board members, said "this is a great feeling for us, the founders of the friendship centre. Without you," he

told the Elders, "we wouldn't have been able to organize such community involvement."

Member of Parliament Jack Shields told banquet attendees that he had often said that the country's most valuable resource are young people. At least, he said, he did until corrected recently by an Elder who told him: "Jack, you're wrong. Seniors are the most valuable resource. We have silver in our hair, gold in our teeth, and gas in our stomachs."



## Season's Greetings

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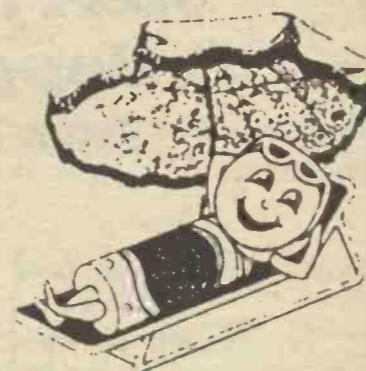
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# WAR ON DRUGS & ALCOHOL

The O'Chiese Indian Reserve is situated 45 miles northwest of Rocky Mountain House. Our Alcohol and

Drug Abuse Centre has been in operation since 1982; the program was for all intents, a failure, lacking support from the community and council.

In 1985, the program director left, disillusioned with the prospects for the future of the program. The new director, Phyllis Strawberry, hired in the fall of 1985, was able to obtain limited support from council.

In February of 1986, four band members attended an education workshop at the University of Lethbridge, where they saw the Alkali Lake story. One of these people was Chief Theresa Strawberry and she was inspired to show the type of leadership designed in the film. Shortly afterwards, Theresa announced in a public meeting that her and two of the council, plus three band members would go for treatment in Poundmaker's Lodge. At this meeting the purpose of the program was explained to the band members, and the Alkali Lake film was shown.

Since that meeting, the program director and the two counsellors have met with increased respect and cooperation from the community, plus a great deal of

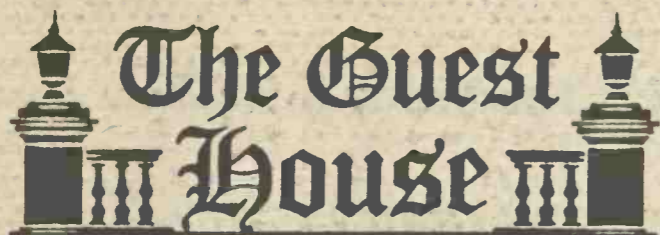
support from Lornalyn Lowry of O'Chiese Social Services.

To date, seventeen band members have completed treatment at Poundmaker's Lodge and remain sober. Admission for treatment continue at the rate of 4 or 5 per month.

Alcoholics Anonymous and Alateen meetings are active and well attended, forming a good support system for those returning from treatment.

The program has monthly workshops, on alcohol/drug abuse and culture awareness to keep the community motivated, and is in the process of having a 30-day treatment program on the reserve for July 1987.

In the next while, the program will be fairly active with after care workshops for those who have maintained sobriety and prevention workshops, plus social activities such as sober dances, potluck dinners, etc. Our goal is to have a sober community; with the good support system from chief and council and our people, we can achieve our goal.



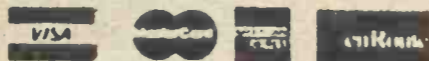
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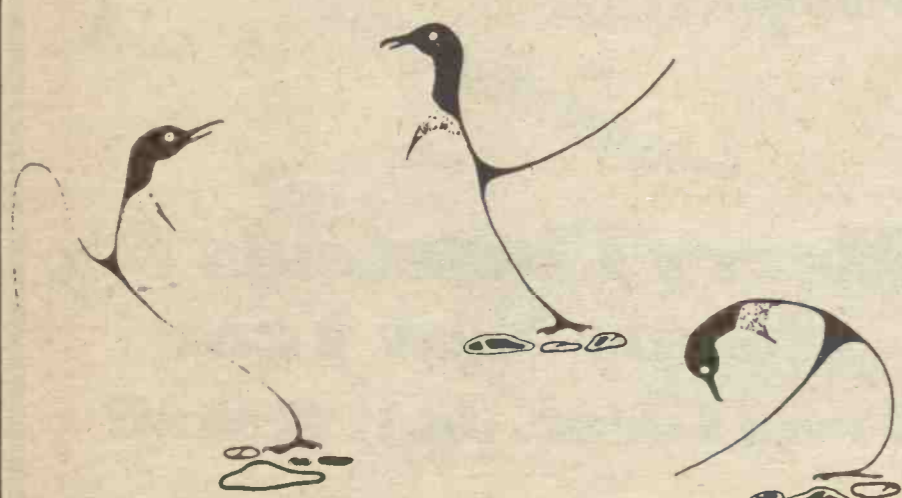


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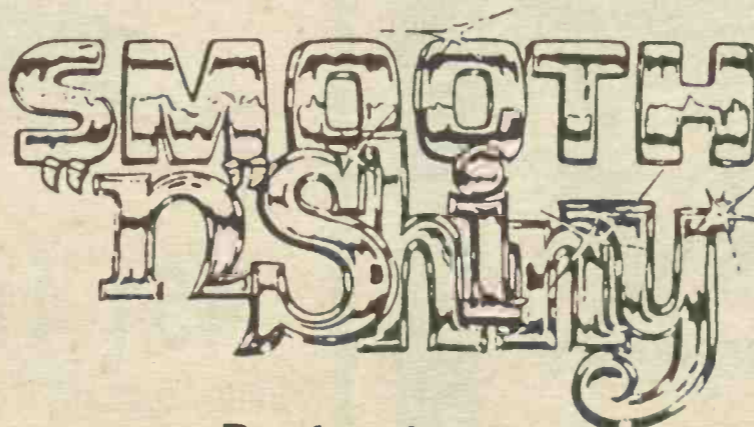
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# IN TOUCH

By Dorothy Schreiber

At a time when the phrase "cutback" seems to be on the lips of every government employee, the federal government has managed to come up with some good news concerning changes to the Canada Pension Plan (CPP)

For some people, the changes to the CPP which will come into effect on January 1, 1987, will mean a boost in benefits and less stringent eligibility requirements.

As Native people, we have contributed to the Canada Pension Plan either through past or current employment, but we may not be aware of how these changes will affect us.

Many are affected by the changes. This week, "In Touch" will give a brief synopsis on how the new legislation will affect people contemplating retirement; widowers who have remarried; children who receive benefits; the disabled, and spouses who are divorced or separated.

**Q. How will the new legislation affect my retirement?**

A. "Flexible retirement has been instituted under the new legislation. This means that if you have contributed to the plan, you are now eligible to receive retirement benefits as early as age 60. Under the old legislation you had to be 65 years of age to be eligible. However, if you choose to opt for early retirement, your benefits will be decreased. Conversely, if you choose to retire at age 65, your benefits will be increased.

**Q. How will those people receiving disability pensions be affected?**

A. If you are receiving a disability pension, there is good news in the changes to the CPP. Your benefits will be significantly increased. For example, the maximum disability pension starting in 1987 will be increased from \$487 a month to about \$634 per month. The increase will be paid to all present and future disability beneficiaries. In addition, for those people who applied late for coverage, disability benefits will be paid for a maximum of 12 months rather than nine months prior to application.

**Q. How will widowers be affected by the new legislation?**

A. Widowers who have remarried or are contemplating remarriage will benefit from the changes in CPP legislation. Under the old legislation, CPP Survivor Benefits were discontinued when a person remarried, but under the new legislation this restriction has been lifted. As of January 1, 1987, Survivors Benefits will continue to be paid when remarrying. For people who have been disentitled to benefits due to remarriage, you can apply for reinstatement. However there will be no back payments prior to January 1, 1987.

**Q. How will Children's Benefits be improved?**

A. In the instance where parents contributed to CPP, and lost their income through disability or death, their children will now receive two benefits; one on behalf of each parent. As with Survivors Benefits, former restrictions on Children's Benefits have been relaxed. It is no longer required that children have never been married in order to receive benefits. Children who have lost or been denied benefits under this criteria, can now apply for those benefits. The new legislation also includes the same provision for children who had benefits denied or discontinued due to interrupted school attendance, i.e. school holidays. These benefits apply to children between the ages of 18 to 25.

**Q. How will I be affected if my spouse and I are divorcing or separating?**

A. Under the new legislation, each spouse will now be entitled to one-half of the pension credits earned while living together. This will apply to couples who were either married or living common-law and are now divorcing or separating. The division of unadjusted pensionable earnings can be waived if both parties are in agreement.

As this is only a brief overview of some of the changes to the Canada Pension Plan, it is advisable to contact the Income Security Office nearest to you. The telephone numbers and addresses are in the Government of Canada listing of telephone directories under National Health and Welfare.

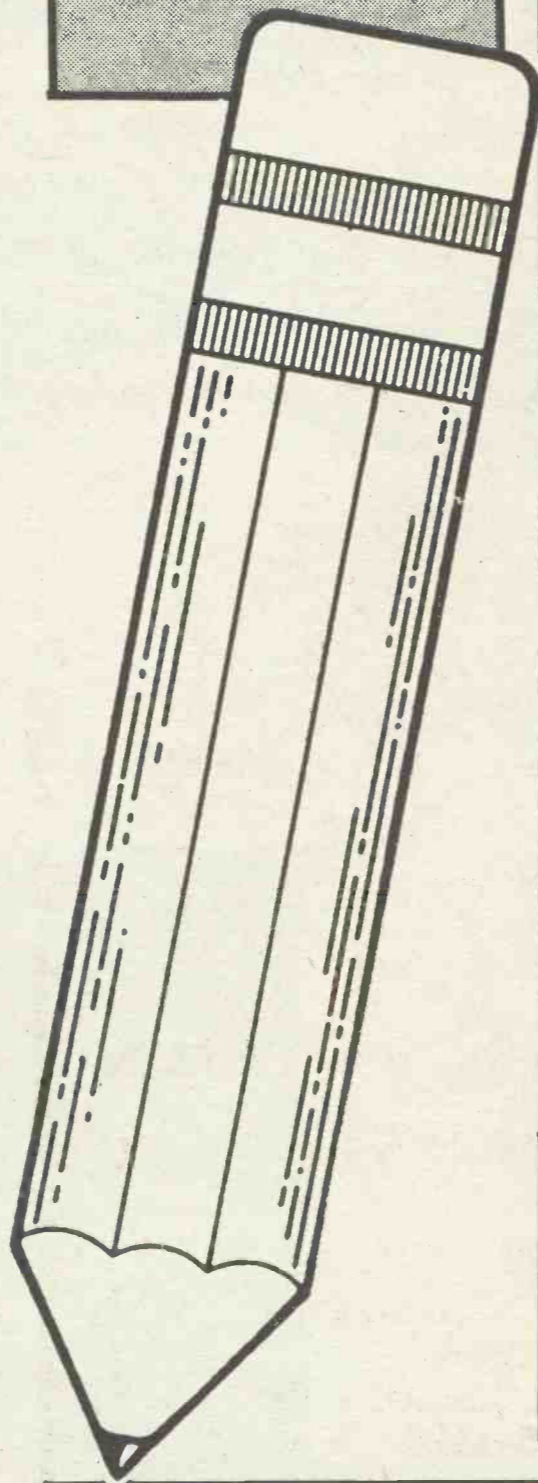
As a reminder, "In Touch" does want reader response. If you are seeking advice or information, please write to:

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Letters will be kept confidential, upon request.

## THE ACTIVITY CORNER

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## WINDSPEAKER PICTOGRAM

By Kim McLain



Use a pen or pencil and fill in the segments that contain a dot. If done correctly, the filled in segments will reveal a hidden picture. This week's pictogram will be shown in next week's paper in completed form.

## WINDSPEAKER WORDSEARCH

By John Copley

By John Copley

In this, Windspeaker's follow-up Christmas special, we reflect over the past year. How was 1986 for you? Part of this week's puzzle feature is about things that happened over the past 365 days. The last part contains a few Christmas Trivia questions.

How is your memory? Keep your own score in this quiz and try for the perfect 100%. The quiz is broken into 3 parts. For each correct answer score: 10 points, and for each incorrect score: -5 points. Partial answers score: 5.1 (Circle the correct answer in parts 1 and 2.)

**Multiple Choice**

/10 1. The \$5,000 AIACS art competition award in the 1986 'Asum Mena' contest was won by:

- a) Kim McLain
- b) Faye Heavyshield
- c) Kathy Shirt

/10 2. The 1986 Canadian Native Football Championship held in Invermere, B.C. was won by:

- a) B.C. Arrows
- b) Chase Lakers
- c) Alberta Bears

/10 3. The AMMSA newspaper's name change to 'Windspeaker' began with the issue on:

- a) February 28
- b) March 14
- c) April 11

/10 4. The co-produced (AMMSA/CBC-TV) Native Nashville North series will premiere on CBC-TV Edmonton on:

- a) December 29, 1986
- b) January 10, 1987
- c) February 6, 1987

**True or False:**

/10 1. National Crime Prevention Week was held November 2 to November 8.

...True ...False

/10 2. More than 75% of Canada's Inuit live in the NWT.

...True ...False

/10 3. The Director of the Aboriginal Radio and Television Society is Ray Fox.

...True ...False

**Christmas Trivia:**

/10 1. How many reindeer accompany Santa (in foggy weather) each year?

/10 2. Name them:

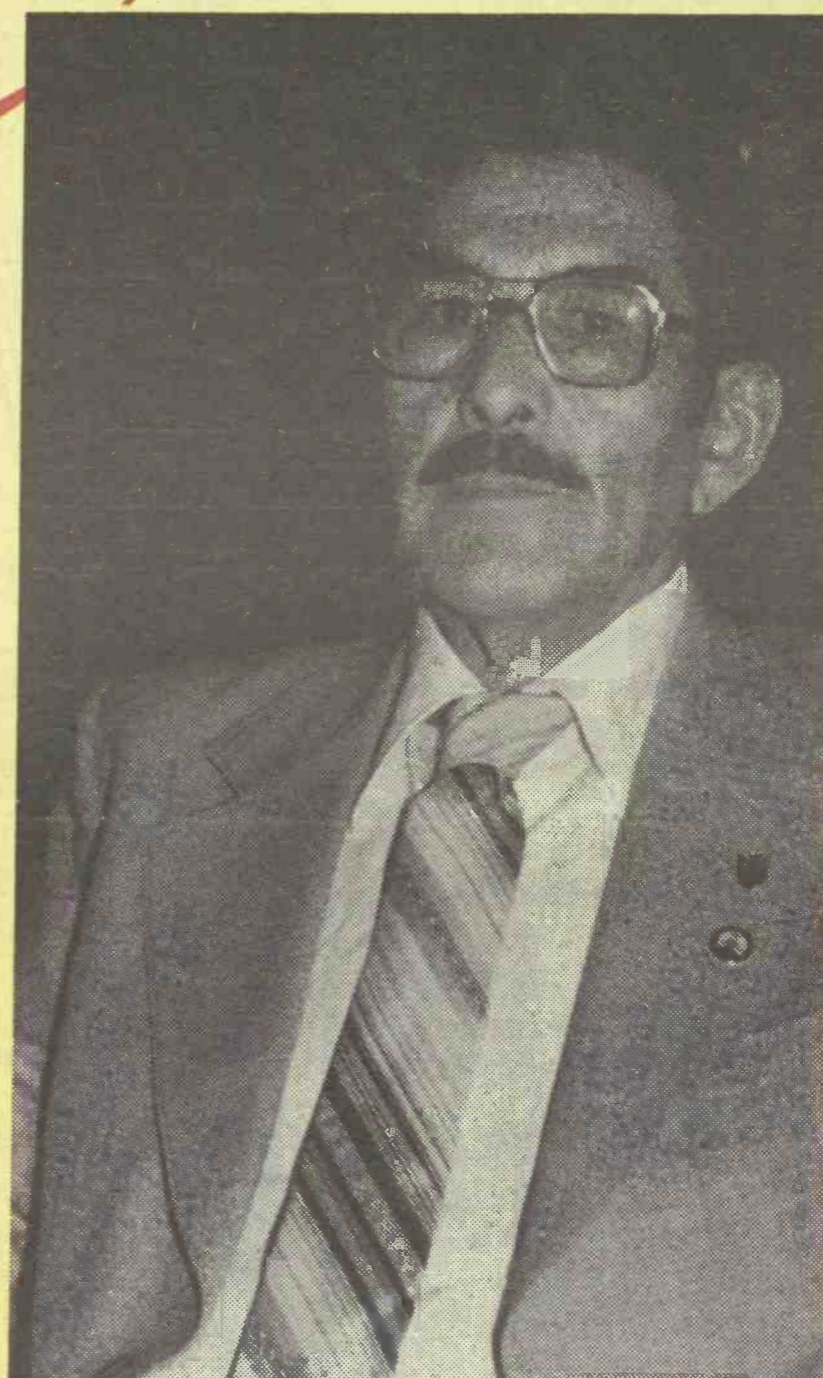
/10 3. How many lines are in the poem 'Twas The Night Before Christmas? Is there 48? or 56? or 68? (See how many you remember...just for fun write them down.)

/100 (Final Score)

ANSWERS: Multiple Choice - 1.b, 2.a, 3.b, 4.b. True or False - 1.T, 2.T, 3.T. Christmas Trivia - 1.9, 2.Dasher, Donner, Blitzen, Prancer, Cupid, Comet, Vixen, Dancer and Rudolph, 3. 56.



# Happy Holidays



**ROY RANDOLPH**  
...ARTS president

As another year draws to a close it's a time of reflection for all of us.

We at "The Native Perspective" look back on our accomplishments of this our first year with a great deal of pride.

However, you the audience are our greatest asset. We know that you are paramount to our success, and if we are to become even more successful in all facets of our operations, we need your response.

We do not bask in the glory of receiving favourable feedback. In fact, to the contrary, we want to know where our shortcomings are because we will regard these as opportunities rather than problems.

The upcoming year 1987 will be an exciting one for "The Native Perspective" and we're looking forward to it with a great deal of optimism and anticipation.

On behalf of the Board members and staff of "The Native Perspective," we wish you and your family and loved ones a very happy and spiritual holiday season.

May your Christmas bring you joy, and the New Year an opportunity to achieve the goals you have set for yourself. Let us also recognize this holiday season that there are those less fortunate than ourselves. Spread some Christmas cheer any way you can.